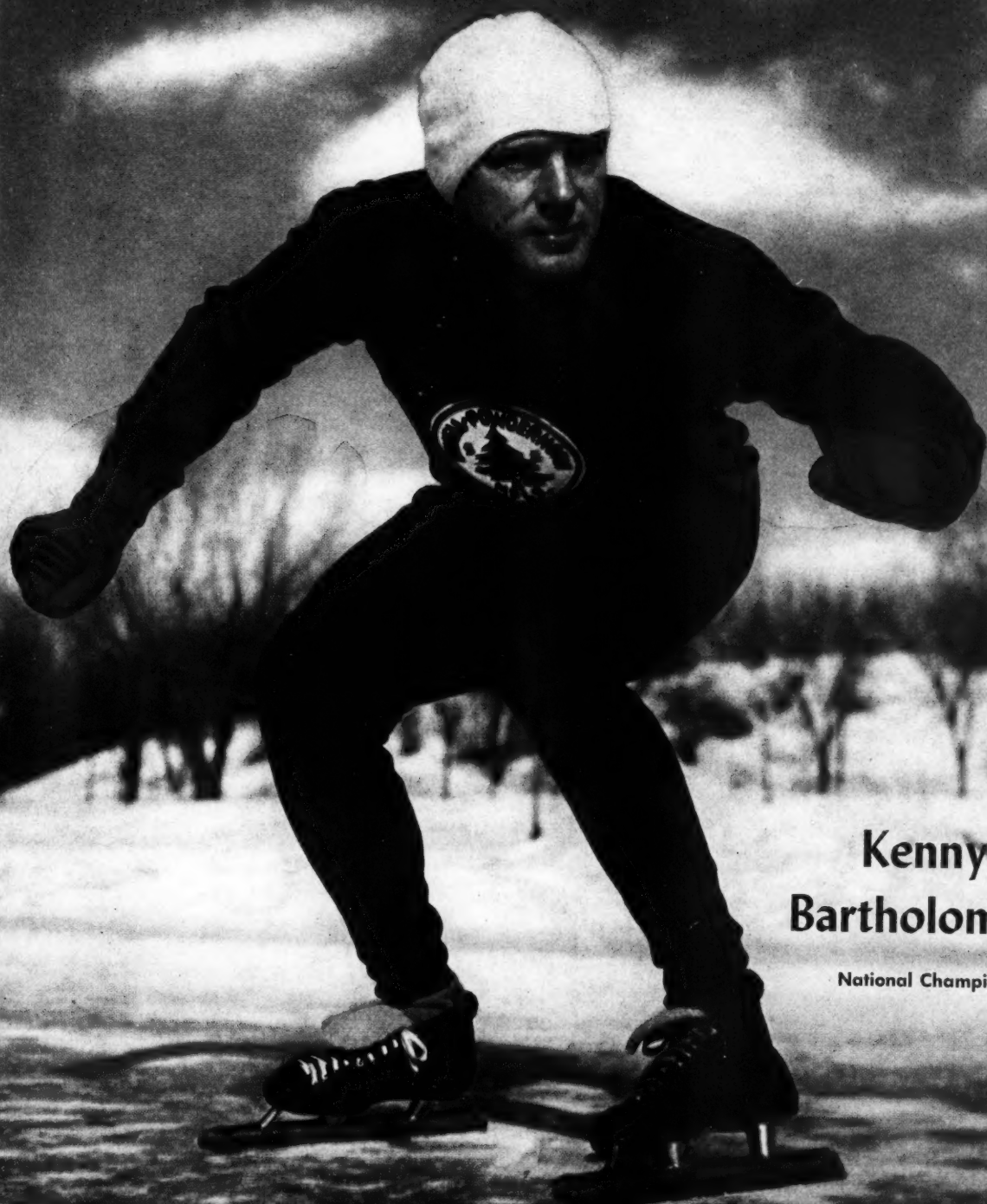


LISTEN

A
JOURNAL
OF
BETTER
LIVING



Kenny
Bartholomew

National Champion



THE GREAT KILLER

1775-1955		1900-1955
1,130,393		1,149,414
Americans died in all the U.S. wars.		Americans died in U.S. highway accidents.
Revolutionary War 4,435		
War of 1812 2,260		
Mexican War 13,283		
Civil War 529,332		
Spanish-American War 2446		
World War I 116,563		
World War II 407,828		
Korean War 54,246		

In 1955 alone more persons were injured on U.S. highways than were wounded on all the battlefields of the nation's history.

Conservatively speaking, at least one quarter of all traffic accidents occur because of drink!

Neither *U.S. News & World Report*, which originally featured these tragedy tolls, nor *The Reader's Digest*, which quoted them, even mentioned this fact.

Delaware's Death Drivers

For the past three years police authorities in the State of Delaware have given special attention to a study of drivers involved in fatal accidents. Figures for the year 1955 show that 138 drivers were involved in 97 fatal accidents. Of this total 56 drivers—40.6 per cent of all drivers involved—"had been drinking," either by test results or by the observation of officers investigating the accident.

Safety First!

In California the driver of a school bus loaded with thirty elementary and secondary pupils was arrested for drunken driving.

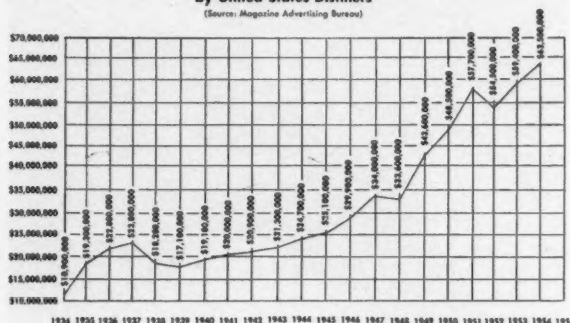
Canada's Drinkers

In 1935 there were 1,670 alcoholics in Canada in every 100,000 adult population. By 1956 the rate rose to 1,850 per 100,000 adults. This means a total of 182,000 alcoholic Canadians, an increase of 30,000 in three years.

It's a Fact

More than 80,000 drunk arrests are made annually in Los Angeles. 526 breweries are operating in the United States, Canada, and Latin America. Roughly about 25,000 persons are arrested yearly for narcotics violations. A recent social study of criminal activity in Kanawha County, West Virginia, shows that four fifths of criminal offenders used alcoholic beverages.

Expenditures for Magazine and Newspaper Advertising by United States Distillers



TRAFFIC TOLL (1955)

15,730 deaths occurred on weekends, more than 41 per cent of the total.

27 per cent of the drivers involved in fatal accidents were under twenty-five years of age.

85 per cent of the vehicles involved in accidents were passenger cars.

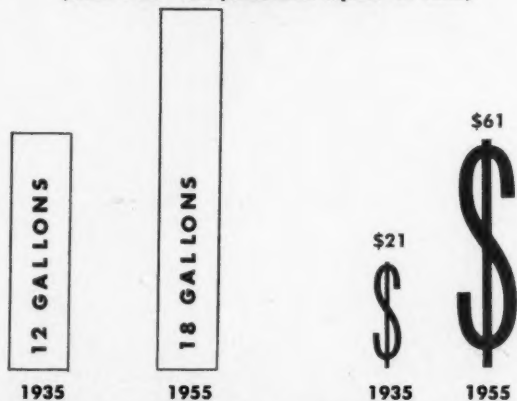
22 per cent of the deaths occurred on Saturday.

4 to 8 p.m. were the most dangerous hours of the day.

—The Travelers Insurance Company.

TWENTY YEARS LATER

(From 1935—two years after repeal—to 1955)



Consumption of alcoholic beverages in gallons per person.

Expenditures per person for alcoholic beverages.

LISTEN

A Journal of Better Living

JANUARY to MARCH, 1957

Volume 10 Number 1

OUR COVER

When autumn-colored leaves fall from the trees, and zestful, frosty nights herald winter's arrival, there is a stirring in the Bartholomew household living on Bryant Avenue in Minneapolis. Skates are again carefully checked, wife Evelyn heaves a big sigh, wondering where to put another skating trophy, and five daughters squeal their delight that daddy is once more entering the National Outdoor Speed Skating Championship. Eleven times daddy has won top honors.

On "Listen's" cover he demonstrates the skating form that has made him champion, photographed by Wayne Bell for the Minneapolis "Sunday Tribune" and used by "Listen" through permission of the "Tribune."

PHOTO CREDITS

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"Minors Thinking Up New Frauds!"

"Trade Is Harassed by 'Cute' Tricks"

"Kid Gets 90 Days for False Identification Card"

"Lincoln (Illinois) Joins War Against Teen-Agers"

Crocodile Tears

All these headlines appear in *one* recent issue of a leading liquor-industry journal. A major portion of the issue is devoted to reporting clever schemes by which teen-agers circumvent the law in order to get their liquor, and piously portraying the efforts of the industry to expose such frauds and press for legislation to curb them.

One instance cited is of two boys who get chummy with a baby sitter for a well-to-do family in whose home liquor "is almost sure to be found." Working as a team, one boy entertains the sitter while the other excuses himself, scouts around the house, finds the liquor, and then takes off with both his friend and the liquor.

One tavern operator is roundly commended for his having to sign complaints against forty-six minors who were fined and received suspended jail sentences. He is described as a sort of modern Horatio at the bridge striving to stem the juvenile rush to his tavern.

Moreover, this same licensee is said to have reported: "We had trouble with girls who carried registered nurse cards. They insisted you had to be twenty-one to have completed studies leading to an R. N."

Other stories in this industry journal are of communities imposing a curfew to control teen-age drinking, of prison sentences imposed on youth for falsifying their ages, of youngsters using sharpened beer-can openers in gang fights because such weapons were not specifically listed as being illegal, and of policemen driven to the extremity of demanding that the legal age for women to buy liquor be raised.

All of which, instead of being a credit to the liquor industry, is a severe indictment against the industry which requires more restriction, more regulation, more control than any other to keep it within legal bounds.

Merely checking on the age of a boy or girl at the tavern door isn't enough when the most subtle, attractive advertising for liquor is directed to youth. From magazine advertisement, billboard, and TV screen glows the glamour thrown around drinking. Little wonder the young folks respond!

Decrying new "frauds" by youth to obtain drinks illegally is foolish when the industry tacitly, or actively, sponsors teen-beer, near-beer, and other inducements to develop early the taste for stronger drinks. Is it consistent to develop this thirst and then deny the drink that satisfies the thirst?

Furthermore, it is an axiom that the more available a commodity is, the more it will be used. It is the avowed purpose of the industry to increase its outlets, and expand its coverage, so that scintillating tavern lights will gleam from every street corner, luring the youth as moths to a flame. The young person is thus enticed on the one hand, and barred when he tries to get in.

To all thinking persons any campaign by the liquor industry against drinking by teen-agers will be only crocodile tears until it suits actions to words and sets about to remedy the cause back of the teen-age drinking.

Francis A. Soper

"In VIEW of the shattered lives I witness daily, I cannot too emphatically stress the need for prevention of drug addiction," says Danny Carlsen, founder of Narcotics Anonymous. He adds, "This, I believe, can be achieved only when young people are thoroughly forewarned and armed with facts concerning marijuana and other narcotics."

Mr. Carlsen speaks with deep conviction born of years of torment. No one understands better than he the fearful toll heroin addiction takes among the youth of our land.

"Experts give many reasons why individuals take



by **J. A. BUCKWALTER**

Excerpts from a chapter of the vital
new book, *"Merchants of Misery,"* by
"Listen's" former editor



YOUTH'S RIGHT TO KNOW

drugs," he goes on. "To my mind there is only one reason why the majority of addicts began taking drugs, and that can be summed up in one word: ignorance. Ignorance of the true effects of the drug has lured most victims into the trap of addiction."

The importance of youth's *right to know* the truth about the dangers of addiction cannot be overemphasized in the light of Will Oursler and Dwight Smith's statement in *Narcotics, America's Peril*: "In virtually every metropolitan center, the narcotics underworld is spreading the drug habit among school-age boys and girls. Ages range from twelve years and up."—Page 44. Starting with wine and reefers and ending with heroin, narcotics contagion takes its toll of the unwarned and uninformed youth of average morality as well as of the more delinquent and criminally bent gangster-type juveniles. There can be no complacency in the face of such stark realities.

Smallpox, tuberculosis, infantile paralysis, cancer—these have been or are frightening words. They lose their terror as medical science progresses, and the gain is not so much in treatment as in prevention. The most satisfactory form of prevention is immunization. Here is our best weapon against all forms of drug habituation—immunization.

Immunization against the drug habit is not accomplished by the injection of a serum. It is done by bringing our people, especially our youth, to the point where they will not want the type of escape offered by narcotics. This state can be reached through three large, important, and difficult operations. We must correct the social and

economic conditions that breed delinquency and vice. We must provide educational and recreational facilities for our people, so that they will not be open to the temptations of the reefer party and the marijuana tea. And, most important and difficult of all, we must give our youth a security and a faith that will protect them from false fulfillments of their emotional needs.

The first requirement cannot be fully discussed here, but it should be observed that any long-range planning for general betterment must involve a continuing crusade of slum clearance. Other measures for immunization will help the more privileged sections of the population, but the slum remains an uncured sore, a source of reinfection in all the ills of society, including drug addiction.

Crowded housing, filthy surroundings, the absence of recreational facilities, and the resultant feeling of defeat, inferiority, and frustration, breed all sorts of vice, resorted to as a relief from the sordid environment, or indulged as part of a continuing way of life. It is true that juvenile delinquency is not confined to the underprivileged, and it is also true that many slum dwellers are honest, respectable people. But the fact remains that the slum is highly productive of social evils.

On the community level varied preventive measures, through the co-operative efforts of citizen groups, such as Parent-Teacher Associations, and the various educational, social, and welfare agencies, can erect a formidable barrier against the dope traffic. A positive approach to the problem will appeal to youth.

The youth themselves can find healthy recreational and social activities in commendable youth groups, such as the 4-H clubs, the health clubs, the Scouts, the Y's, educational youth centers, and church youth societies. These youth organizations can help take the offensive against the narcotics traffic. They can provide positive programs for teen-agers as substitutes for gang activities. Their work is especially important in the large metropolitan areas where there are so many broken homes, with little of love and companionship for the children. Thrill-seeking youngsters, if given the opportunity, will become more interested in the adventure of healthful, successful living and the mastery of life than in any escape from its realities in the stupid realm of addiction.

The matter of specific education on the subject of narcotic drugs and addiction has been debated. It is my opinion, based on personal conversations with enforcement officers and interviews with a large number of addicts imprisoned in state penitentiaries, that most teen-agers from respectable homes would never succumb either to the propaganda of peddlers or the pressure of social groups to experiment with narcotics if they could be informed on the subject.

Says Dr. Victor Vogel, co-author of *Facts About Narcotics*, "No new addict should be able to say, 'I didn't know that I wouldn't be able to stop taking heroin,' or 'I didn't know that I would have to steal to buy more and more.'" When Dr. Vogel asked youth who were sent to the Federal narcotics hospital at Lexington if they would have experimented with heroin had they known they would be "hooked," he received the reply, "Of course not." In other words, as the late Dr. Seliger has observed, "They didn't know the gun was loaded."

Connected with the United Nations is a man who formerly spent many years in narcotics control work and who has published at least one volume on the international control of narcotics. In an interview he told me:

"We are past the stage where sane education might be dangerous in the matter of dope addiction. Youth are no longer ignorant of the existence of narcotics. The publicity given to dope and the situation it has developed today among the youth in the increasing numbers becoming addicted requires definite scientific education on the matter. . . . The only answer to the problem is in education. It is a very delicate matter, however, and it must not be overdone. It must be done by people who know the problem."

A wayward eighteen-year-old girl, caught in dope's web of evil, cried hysterically, "I didn't know what I was getting into. Why didn't somebody warn me?" This cry was frequently voiced by penitentiary inmates during my interviews with them. There was a surprising unanimity of opinion in the assertions that they did not fully grasp the dangers involved and that they would not have experimented with dope had they known.

"I never would have taken narcotics if I had known what they would do to me," declared No. A-20139. "The guys I knew were fooling around with it, but we did not know the danger." And A-20559 positively asserted, "I wouldn't have taken the stuff if I had known the aftermath—if I could have seen the agony behind it which I have experienced since."

"The faults of education," as Warden E. Laws once tersely stated, "become the problems of penology." Youngsters pick up distorted information from dope addicts with whom they come in contact on the streets. In the schools, juvenile delinquents secretly tell their curious fellow teen-agers about dope, very much in the same way as they once told about sex. Equally salacious are the cheap newspaper and magazine articles that play up mysterious dope and sex parties as the current social rage of adventurous delinquent teen-agers. All this distorted play-up of narcotics only helps to enslave curious, thrill-seeking, adventure-loving youth.

Youth should know the basic facts about the dangers of narcotics addiction, as they should about alcohol, about sex, and about other problems of life. The trouble is that young people have been too fully informed with reference to the traffic itself and too little informed regarding the physical and mental effects of addiction.

"I WISH I HAD KNOWN!"



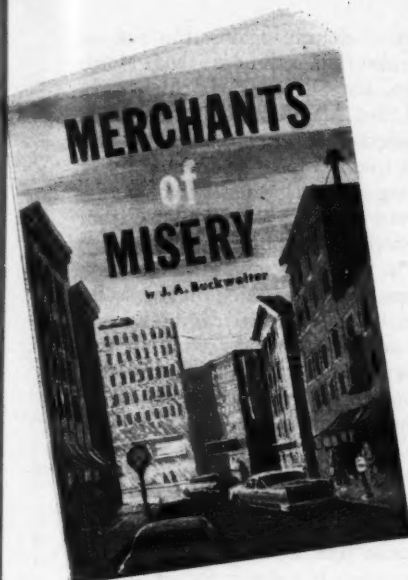
"I didn't know what I was getting into," hysterically cried a wayward eighteen-year-old girl, tragically caught in dope's web of evil. "Why didn't somebody warn me?"



No. A-20139: "I never would have taken narcotics if I had known what they would do to me. The guys I knew were fooling with it, but we did not know the danger."



No. A-20559: "I wouldn't have taken the stuff if I had known the aftermath—if I could have seen the agony behind it which I have experienced since I started its use."



Public attention of late has been focused on the horrifying specter of drug addiction, rapidly growing in our society. Continually portrayed before our eyes are the viciousness of dope and the soulless greed of its peddlers.

This is as it should be. Effective action, both in law enforcement and in public education, should be taken to deal with the danger. However, in dealing with such an emotion-charged problem, there are often far-fetched and extravagant claims. Some persons have gone completely "wild."

One of the most sane and sensible books yet published on the subject is the new "Merchants of Misery," by J. A. Buckwalter. Balanced in presentation, it portrays the slavery that awaits anyone who flirts with dope. It exposes the sinister snare that lurks for the unwary, and sounds a warning which cannot be safely ignored. Based on the author's thousand personal interviews from coast to coast with both victims of addiction and enforcement and educational officials, this readable little volume fills an important place in literature on drug addiction. It does not "go overboard."

Mr. Buckwalter, "Listen's" first editor, originally prepared much of his material for publication in "Listen." Now, enlarged and further documented, it appears in book form. Every young person, facing the dope menace in modern society, should carefully read this book. Every parent, teacher, church worker, and community leader should peruse it carefully.

Order directly from the publisher of "Listen": Pacific Press Publishing Association, Mountain View, California. Price: \$1, paper-bound. Write for quantity rates.

Suitable living conditions, recreational facilities, wholesome activities, and adequate education, both general and specific, all help to prepare the young to resist the temptations of addiction. But all of these agencies have proved ineffective in some cases. There are growing numbers of teen-age problem children who are headed for delinquency in spite of all safeguards.

Recently two minor girls ran away from respectable homes to a large port city where they deliberately exposed themselves to the easily available vice. They entered bars and made the acquaintance of two wolfish habitués, with the result that by the time the police had caught up with them they had been well initiated into the practices of the underworld. In a church-related college a young lady enrolled from a presumably religious home. Yet she

slipped away on numerous weekends to a nearby city to spend her nights with street pickups.

How can such behavior be explained? It is multiplying on every hand. Volumes have been written on the subject. State legislatures appoint commissions on juvenile delinquency, resulting in more printed matter. It is the delinquent who often becomes the addict, many times despite information on the subject. There have been many suggestions as to the causes.

"Most of the juvenile addicts come from families in which there is no proper parental control or training," says Harry J. Anslinger, in the *Catholic Digest* of February, 1952. "Many factors are contributing to this triple menace to the physical, mental, and moral faculties of our young people, but the most

(Turn to page 29.)

IMMUNIZING AGAINST THE DRUG HABIT



"Most of the juvenile addicts come from families in which there is no proper parental control or training," says Commissioner Harry J. Anslinger, of the Narcotics Bureau.



Informed youth who are out to master life and to achieve success will not be teased or tantalized into using drugs nor risk losing self-mastery for a "kick," and maybe addiction.



Youth must be given a security and a faith that will protect them in the future from false fulfillments of their emotional needs and the menace of a living death.

In speed, Kenny Bartholomew, eleven
times national skating champion, proves
himself the modern-day—

SUCCESSOR TOM

the ANCIENT speedster Mercury had nothing on skater Kenny Bartholomew. Both are known for having wings on their feet.

In speed skating, perhaps no one in history has had such consistently and continually winning ways as this star of the ice.

As a sportsman, Kenny Bartholomew is an old man, quite an old man, at almost thirty-seven, but he goes on gliding to new records.

This meteor from Minneapolis holds eleven national senior men's championships, including the last seven in a row. No one else has ever approached such a record. And when the 1957 speed skating championship is held on Saint Paul's Lake Como in January, Kenny will be in the starting line-up—out for his dozenth such win.

When eighteen years old, he became the youngest competitor ever to gain the national championship. Last year the top trophy was awarded him as the oldest man ever to win it.

Page 8

In twenty-seven years of skating against the best on the continent, Kenny also has captured four North American championships, ten Silver Skates titles, eight 10,000-Lakes wins, and five Manitoba Canadian wins, besides scores of local meets.

More than five dozen trophies for this amazing list of triumphs—to say nothing of 1,000 medals—make the Bartholomew family home bulge. Varying in size from three inches to three feet, the trophies overflow the trophy room. They are in the living room, in the dining room, in the kitchen, upstairs, downstairs, on the walls, on the floor, everywhere. Kenny's attractive wife, Evelyn, groans at the prospect of her husband's winning still another. "Where will we put it?" she sighs. And that question is not merely an idle query, not with five growing daughters in their home.

Bartholomew has competed on only one Olympic team, placing second in the 500-meter event in 1948 at Saint Moritz, Switzerland. A rugged rival for any skater, he goes in for the American "pack" racing rather than the Olympic-European style of racing against time.

But he spares no effort when he takes to the ice against forty or fifty of his kind in the National Outdoor Speed Skating Championship. He always enters all seven classes of the senior men's division, which means, counting heat events and quarter finals, skating nearly a score of races in two days. The champion is the one who totals the most points.

As to training, Kenny does little of it in the formal sense. An outdoor man, he considers himself constantly training—climbing poles, as a telephone repairman, and cutting down trees, as an extra money-maker during the spring, summer, and fall. This vigorous regimen, he says,



Kenny looks over some of his speed-skating trophies—less than a third of the total.

LISTEN, 1957

Never
one w
Kenny
teen-a

keeps him fit to skate against men who are half his age.

But that is not all—melt some of the element on which he skates, and you will get the same liquid he considers the best and most healthful drink in the world. "There is no better thirst quencher than plain, pure water," he says. "I work real hard. I ought to know."

"And speaking of that," he goes on, "I simply haven't had time even to start the habits which so many seem to feel essential, such as drinking and smoking. I never let myself get that idle."

A smile creeps across his bronzed, weathered face, and a look of pride comes into his piercing eyes as he describes another activity that keeps him from idleness. Nearly every evening during the winter Kenny shows up at Minneapolis's Powderhorn Park to coach some thirty-five or more of his teen-age protégés in the Wenell-Powderhorn Skating Club.

"If a youngster excels in skating," he comments, partial to his specialty, "he'll excel in any sport. Also it will help keep him busy, thus reducing his tendency to get into trouble.

"For me, this hobby with the young folks affords me the chance to tell them there is no reason why they should fall for the insidious lure today to drink. Anyone who wins in athletics, or in life itself, simply will not run such a risk. Drinking, even in what is called moderation—and I cannot emphasize it too strongly—doesn't mix with lasting success. It spoils everything, and I mean everything!"

And from the standpoint of achievement, who is there anywhere that could give greater emphasis to such a suggestion to today's youth than speedster Kenny Bartholomew, successor to Mercury?

OMERCURY

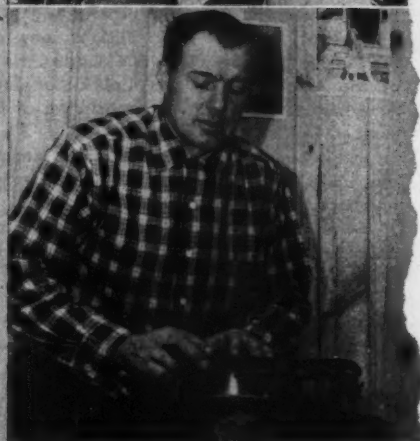
A chain saw helps bring in a little side money, as Bartholomew fells trees and cuts them up for firewood or lumber.



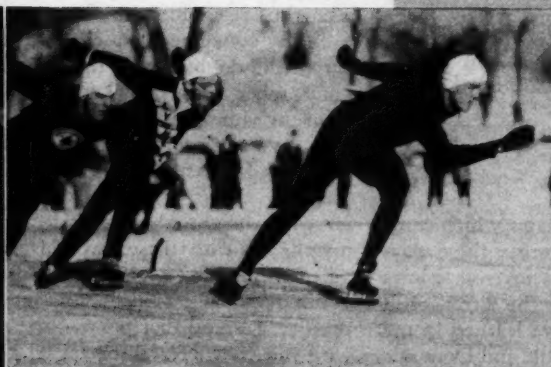
Helping him keep in top physical shape, his job as telephone repairman is part of his "conditioning" process.



Sharp skates are necessary for fleet feet, Kenny says, when sharpening his own skates and honing the blades by hand.



Never stingy on pointers to anyone wanting to learn to skate, Kenny specializes in training teen-agers in his favorite sport.



Kenny Bartholomew in the lead—as usual. He spares no effort when he takes to the ice against forty or fifty of his kind in the National Outdoor Speed Skating Championship.



Apt students of daddy's skates at home are mother, Evelyn, and five daughters (oldest to youngest): Ann Marie, Janis, Barbara Jean, Patricia, and Mary Beth.

FIRST QUARTER

Page 9



From Where I Sit

Judge Walter H. Beckham
Miami, Florida

As told to Marion Rubinstein

JUDGE WALTER H. BECKHAM is now senior first vice-president of the International Congress of Juvenile Court Judges with headquarters in Belgium, past president of the National Council of Juvenile Court Judges, and past president of the Florida Council of Juvenile Judges. He is also a member of the American Advisory Council of Judges, and of the American Child Guidance Association of Boston, Massachusetts.

In his twenty years on the Miami bench Judge Beckham has heard some 35,000 cases, and "never has had an appeal involving delinquent children."

Harvard University listed Judge Beckham in their bulletin recently as an alumnus, "outstanding in the problem of juvenile delinquency."

Progressive in outlook, Judge Beckham has had built in connection with his outstanding juvenile court two fine youth halls where juvenile delinquents are housed. The quarters are so comfortable that at times the youth don't want to return to their own homes.

Because of the excellence of these quarters and the humane treatment accorded the youth, and the method in which he conducts his court, visitors come from all parts of the world to see firsthand what has been done by Judge Beckham in Miami, so they can raise their own standards in dealing with delinquents. These visitors are experts in juvenile delinquency from such countries as Pakistan, Thailand, Korea, Japan, Israel, and England.

FROM 75 to 90 per cent of the cases which come into the domestic relations courts these days have a background of liquor. As far as juvenile crimes are concerned, from 30 to 50 per cent are the direct result of drinking parents. This is what I have learned in my twenty years as senior judge of the Juvenile and Domestic Relations Court of Greater Miami.

Also from my own personal background I have developed some convictions about this matter of drinking. When I taught school, the parents of the children in my

classes had much more real respect for me when I turned down the drink they offered me when I was a guest in their homes. Later I found that principals and superintendents, and even my pupils, had greater respect for me when they found that I did not drink.

When I left schoolteaching to practice law, I found that my nondrinking never erected any business barrier in my practice.

In 1932, when I first ran for my present office, I felt that my abstinence from liquor was an important factor in winning the judgeship, and I know that it has been an important factor since then in helping me keep the position for two decades.

My nonuse of liquor equips me better to give advice to the victims of drinking. I, with the help of others, have converted many from drinking. I have also been instrumental in reconciling many husbands and wives who broke up their marriage because of drinking. Every Christmas a pile of cards and expressions of gratitude come to my office from the couples whose homes have been thus re-established.

In my own case abstinence was first taught me by my parents, undoubtedly on the basis of religious principles. Later, when I married, I found that my wife, too, came from the same kind of family, and was entirely in accord with my convictions on this matter.

When I was teaching school I found that I had to teach the effects of alcohol on the human system. This served to heighten my own feelings about not using it myself. During these days of teaching I was always asked to remain on the job because I was an abstainer.

Later, when I studied law and then began my own practice, I found that none of the men who did business with me were ever embarrassed because I didn't drink. Most persons drink because they have an inferiority complex; that is why they insist on your drinking with them. In reality, however, they respect you more because you have had greater will power than they. (Turn to page 25.)

THE "Anatomy" OF ALCOHOL

to the layman the term "alcohol" means a substance that is used in beverages and is related to John Barley-corn fame. To the chemist the term means a family or a group of substances.

The alcohols are characterized by being made up of three different elements: carbon, which is abbreviated to "C;" hydrogen, "H;" and oxygen, "O." But the alcohols are not the only substances that contain these three elements, so this in itself is not a sufficient characterization. For this reason, therefore, the manner in which these elements are put together must be indicated. An alcohol is a substance in which to one of the carbon particles, or atoms, as we call them, an "OH" group is fastened. Also a hydrogen and then the other two valences, as we speak of them, are satisfied by radicals.

In the group of alcohols one of these radicals is likewise hydrogen, so that an alcohol is simply a substance that has this basic group.



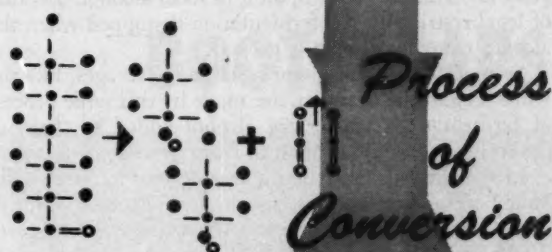
The simplest member of the group is a compound in which this radical is also hydrogen. This gives the configuration which is abbreviated as CH_3OH , or methyl alcohol. Or this can be extended and the hydrogen becomes a carbon radical by adding more carbon to it to give molecules of the type $\text{CH}_3\text{CH}_2\text{OH}$. This one is known as ethyl alcohol. Then the series may be built up by adding further carbon to the chain up to three, four, five, six, or as many carbons as needed.

Methyl alcohol is commonly known as wood alcohol, because it is obtained by the destructive distillation of wood. Ethyl alcohol, on the other hand, is known as grain alcohol, because it is obtained by the fermentation of grain. This is the most common alcohol. This is the one that the layman speaks of when he talks about alco-

hol. Its designation is sometimes abbreviated as $\text{C}_2\text{H}_5\text{OH}$.

In this series or family of alcohols there is a variation in toxicity, the toxicity increasing as the chain is lengthened. In other words, the least toxic of the group is methyl alcohol. The next most toxic is ethyl, the next is propyl, then butyl, and so on along the line. That continues with increased toxicity until the alcohols are not soluble in water. As the point of insolubility, which is about the five-carbon alcohol, is reached, the toxicity drops off because the material is not soluble in water.

Ordinarily, methyl alcohol is regarded as a highly toxic material. It is toxic, but so is ethyl alcohol. The reason that methyl alcohol is feared so much is that it has a peculiar effect on the optic nerve, and when taken internally may cause a condition of temporary or even total and final blindness. That is a peculiar characteristic of methyl alcohol, not common to the others; but if we leave out that particular effect, then methyl alcohol is less toxic than ethyl alcohol.

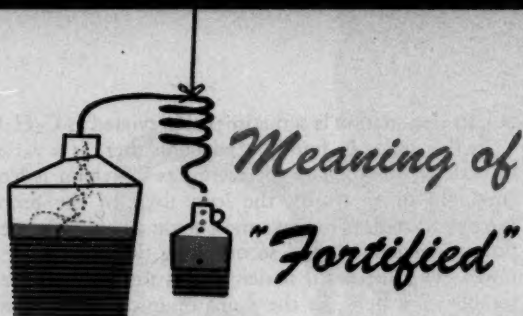


Ethyl alcohol, or any of the other alcohols, can be produced synthetically in the laboratory. However, it is not ordinarily produced in that way because such a procedure is too expensive. The yeast cell is better for producing alcohol, for it is able to make a conversion of any of the common sugars to which the formula $\text{C}_6\text{H}_{12}\text{O}_6$ is assigned, and the end products are carbon dioxide and ethyl alcohol. Also yeast is easy to get and is of almost universal occurrence. There are particles of yeast all the time in the air. This is a simple, cheap method of converting ordinary sugar into alcohol, the commercial way in which alcohol is produced.

The change is brought about by what is called "enzymes." Enzymes are characteristic of life, and are simply protein materials capable of making certain chemical transformations in the living process. Being alive, yeast contains these enzymes, and some of these enzymes are able to carry out this reaction in forming ethyl alcohol.

As is true of most forms of living things, enzymes do not thrive in their own excretory products. Actually the yeast takes the sugar into its cell, obtains the energy that it needs, and then excretes the CO_2 and the alcohol, so that these really are excretory products from the yeast cell.

Since, then, the yeast does not thrive in the presence of the products of its own action, as the alcohol content builds up to around 14 per cent, the yeast is destroyed by the products, and the action stops. In other words, alcohol cannot be produced to the extent of more than about 14 per cent by this reaction. If a higher content of alcohol is desired, the only way it can be obtained is by the process of distillation. In this way it will be more or less pure and as concentrated as needed.



In the making of alcoholic liquors, distillation is the process commonly used. For example, fruit juices, such as grape juice, can produce this sort of reaction, obtaining a wine. This wine, in general, will not contain more than 14 per cent alcohol unless extra alcohol is added to it. When extra alcohol has been added, the wine is said to be "fortified." An "unfortified" wine, then, will contain 14 per cent or less of alcohol.

Beer is made in the same way, except that instead of fruit juice a malted grain is commonly used, and the yeast is permitted to act upon it to form alcohol. Because of legal restrictions the fermentation is stopped when the alcohol content is about 4 per cent.

Some of the high-content alcoholic beverages, like the whiskies and the brandies, are made by this same process of fermentation, with extra alcohol added to them to build up the alcohol content to from 40 to 55 per cent.

In the early times, when it was desired to check alcoholic beverages to see how much alcohol they contained, it was common to take some of the whisky, or whatever it was, and see whether it would burn. An alcohol-water mixture will burn if it contains as much as 50 per cent alcohol. So the investigator would pour a little whisky out and light a match to it. If it would burn, it indicated that it had more than 50 per cent alcohol. If it would not burn, it was below that percentage. This was a crude method, but it worked in the earlier days.

This reaction of fermentation to produce alcohol is the same reaction that occurs when fruit or grain spoils. Anyone knows that if fruit is broken and left out in the air, it "spoils." Actually, the same process is going on with the formation of carbon dioxide and alcohol, the reason being that there are certain of these yeast germs always in the air, and they will find their way to the opening in the fruit and start this process. One can hardly get away from these yeast cells. The only way one might do it would be perhaps to go to the arctic regions where there is perpetual snow. Under ordinary conditions one can hardly get away from the process of spoiling or fermentation.

Let us consider the terms "sweet" and "dry" liquors. A liquor is said to be "sweet" if it still contains unfermented or unconverted sugar. The term is used in the expression "sweet wine" and the like.

When "Dry" Is Not Dry

If, on the other hand, all the sugar has been converted to alcohol so that there is no sugar left, then that is spoken of as a "dry" liquor. Notice that the opposite of "sweet" is not "sour," but "dry," and the term "dry" is not meant to refer to the absence of water, but in this case the absence of free sugar. (Turn to page 31.)

Total

B. Coursin
Black

Harmony

My PRESENT work is typewriter repairing. In struggling to overhaul an office machine the other day, I found it something of a game to progress as far as possible before having to yell for aid. I had taken it apart, blown it out, cleaned it, oiled it, and put everything together.

Then came the checking and adjusting. Margin stops, back spacer, type alignment, paper feed, line spacer, tabulator—ah, yes, something was off there. The carriage was tight and jerky, but I managed to remember how to adjust that on this particular model. At long last the carriage zipped along its merry way. I was proud; I had done it alone.

The boss heard the racket and stopped by. I let the carriage zing along a couple of times. He smiled, then suggested I try the ribbon reverse. I did—it didn't! I had forgotten there is a relationship between the tabulator and ribbon feed adjustments.

"You were so engrossed in getting one part to work," he commented, "you forgot that it affected something else. In all typewriter work you'll find that true; the working parts are related to each other. Your job is to establish harmony where before there was friction."

Harmony, balance—however one phrases it—is a difficult lesson to learn, either as a green mechanic or in the living of life. How many times I have worked to correct a faulty type trip, only to find that in so doing I made the space action adjustment incorrect. One of my friends worked hard to make much-needed money, but in so doing lost the chance to enjoy his family and children. Another man became an enthusiastic photo hobbyist, but grew so devoted to eliminating grain from his negatives and improving the tone of his print developer that he lost sight entirely of the pictures themselves and the fun of photography, and grew nervous and irritable.

When we concentrate our thoughts and efforts on one or two phases of work or activity only, we inevitably must neglect other things of equal importance. Enthusiasm is a precious jewel, but it must be diffused over the entire job, not allocated to a small area. As I learn more and more of the business of typewriter repair, I recognize the need of an over-all view. At first, as soon as I located something that did not function right, I concentrated all my attention on it. The margin stop, say, would not release. Bravo! Loosen it, tighten it, bend the sublevers upon which its function is dependent. The margin stop works! But now the line lock does not work! There is a mutual dependency. There must be an exact balance between them. This is true of all the other working features of a typewriter; all the parts must perform together, all must be in harmony, if the machine is to give good performance.

The same factors apply to our daily lives. There come moments when we feel confused or frustrated. Somewhere along the line our (Turn to page 32.)

AT THE *Youth* COMMUNITY'S BOOTSTRAPS



A lively movement of the most progressive and community-spirited nature has originated in one of New York City's boroughs, in a neighborhood with most of the physical ingredients to produce backward social conditions. To combat those conditions and to rescue their young neighbors from the pitfalls of juvenile delinquency and other undesirable community problems, the youth of that neighborhood are co-operating with older citizens in the Bronx Pilot Project.

Housewives, clergymen, businessmen, policemen, social workers, teen-agers, and civic leaders—135 members of the Bronx community—are participating in this project, a neighborhood study on youth by the youth for the youth. Designed to lay the groundwork for a community action program by public and private agencies, it is co-operating with the New York City Youth Board.

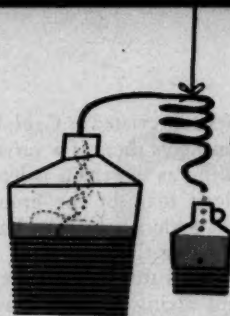
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The project, unique in government in that the city invited private citizens and local agencies to participate in local planning, is a new approach to grass-roots democracy. The New York City Youth Board looks at it as a model for community planning in other areas in New York City, and likely in other cities of the nation.

FIRST QUARTER

1. The Projects Steering Committee is composed of ex-officio members, civic-minded citizens. Here they meet to lay plans for their project.
2. On a field trip some young members of the Bronx Pilot Project survey the work the community requires to bring it to a semblance of order and livableness. At the site of a housing project, not entirely cleared, they learn that 73 per cent of the houses in some districts of the project were built before 1920, and 20 per cent before 1900.
3. Patrolman Ypsilanti points out to Bernard Plawsky the area south of 149th Street to the east and Harlem River, which includes the congested dwellings most lacking in facilities for decent living.
4. In the foreground Patrolman Ypsilanti and Eloise Jenkins (with hand behind her back) watch a game of shuffleboard on a play street organized by the Project. Eloise, a student at Morris High School, supervises the play street after school.
5. The Reverend Jacob Wagner receives Sylvia Hovenasian (right), Doris Dickov, and Paul Caballero at his church to lay plans for a tour of his neighborhood. The exchange of ideas and collaboration of persons of different backgrounds have been enlightening experiences for these young people.
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Meaning of "Fortified"

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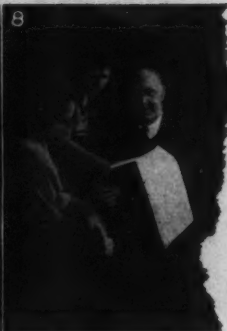
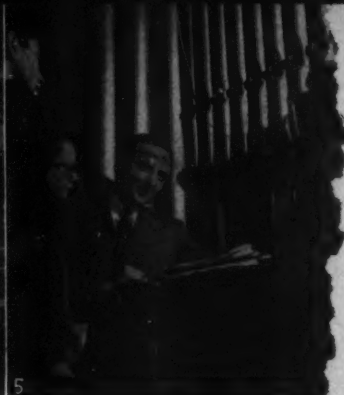
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"There was an old woman who lived in a shoe, She had so many children she didn't know what to do."

—Nursery Rhyme.



Jane Pritchard--

American Mother of the Year

Interview by Madeline George

PERHAPS Mrs. Jane Maxwell Pritchard, of Detroit, has something in common with the "old woman who lived in a shoe," as far as size of family is concerned; but there the comparison ends, for Mrs. Pritchard, American Mother of 1956, definitely knows what to do with her brood.

Actually, only one child, a boy, Dale, is her own flesh-and-blood child. Ten others are adopted. But even eleven children were not enough for Jane Pritchard, so she became foster mother to about seventy-five or more—so many that she has lost count.

But Mrs. Pritchard has always known "what to do." That is why she has had so many children. In fact, she was so successful with her own eleven that the courts of Detroit requested her to help them care for their delinquents. When children came up before the judges who saw that the youngsters needed love and care to straighten them out, the judges said, "Let's send them to Mrs. Pritchard; she'll know what to do with them." And she did.

If you think the Pritchards are wealthy people with lots of servants to do the work, think again. Mr. Pritchard, a tool-and-die maker, died in 1947. Since then his widow has reared the big family—on her philosophy of mutual help, affection, work, study, prayer, and play.

But Mrs. Pritchard, always energetic, does not stop with rearing a family, even so large a one. She also finds

time for active church work at St. Mark's Methodist Church in Detroit. There she has organized the Mothers' Study Club and twice served as its president. She is a member of the Eastern Star and White Shrine and is co-ordinator of the Interracial Wesleyan Service Guild. She has served as Den Mother for the Boy Scouts and devotes much time to school activities.

Mrs. Pritchard was born Jane Maxwell in Youngstown, Ohio, in 1889. At the early age of ten Jane began her lifetime of service to children by taking over the entire responsibility of the home when her mother became ill.

When nineteen, Jane married Benjamin Pritchard. At that time, at Youngstown, she devoted herself to the care of destitute minors. Later in Glendale, West Virginia, and after she went to Detroit, she continued to care for children needing her help. She and her husband planned a big family of their own; but after the death of their first baby, doctors told them that a large family would not be possible. So they started to build their family by adoption. Their first came in 1915, a girl suffering from malnutrition and rickets. The doctors gave little hope for the baby's survival, but she has grown into a woman of beauty and character.

The second child, another girl, was a three-year-old, whose body bore the marks of neglect and abuse. She, too, is now a fine woman.

The Pritchards then became proud parents on their own when a son, Dale, was born. One might have expected him to become spoiled, but Dale was treated the same as the other children. He is now with J. L. Hudson Company, a well-known department store in Detroit. As with all the children, he was sent through high school, and then he worked his way through Wayne University. That principle was followed with all eleven children; they were each sent through high school; after that if they wanted more education they would work during the day and study nights. Three of them finished college that way.

Within a year after Dale's birth, five more children joined the Pritchard family at one swoop because of the request of a dying mother.

The next baby came during the depression. The last two are twins, now fourteen years old.

The seventy-five foster children came and went at various times. Sometimes they would be a family who needed care while their mother was hospitalized. Sometimes the courts had to place the children in another home because of conditions

(Turn to page 25.)



◀ Mrs. Pritchard cuts the cake at a special luncheon in her honor in New York. Next to her are Mrs. Daniel A. Poling, National Chairman, and Mrs. Charles Kohn of Detroit, Michigan, Mother for 1953.

Another famous mother, Mamie ▶ Eisenhower, hears Mrs. Pritchard tell how it feels to be honored as Mother of the Year.





Herbert H. Hill,
Executive Director,
Washington Temperance
Association,
Seattle, Washington

The Urgency of ALCOHOL EDUCATION

IF WE turn to the pages of history we find that alcohol was used as a beverage as far back as 2,500 or 3,000 years B.C., as far as recorded history is concerned. Historians and even sociologists have been content to state this as a fact, without taking the time to evaluate the significance of the fact and to place it in a sociological setting in which it can be properly interpreted.

However, the sort of beverage consumed in those days was vastly different from that consumed today. It is a simple scientific fact that if you take a fruit juice, a grain mash, or a vegetable juice, place it in an open container in a warm room, leave it exposed to the atmosphere, there will be enough yeast organisms in the air to initiate in this substance the fermentation process. If you allow it to ferment to its maximum, you will not achieve more than 14 per cent of alcohol, for at that point the law of nature intervenes, the alcohol kills the yeast, and fermentation is terminated.

The art of distillation necessary as a supplementary technological process to derive a higher alcohol content was not known in those days, so the only products having alcohol content for consumption were the results of simple fermentation.

We must keep in mind that the techniques of pasteurization and purification used today were not known. These substances left out in the open often took on impurities and contaminations, in the course of time giving the substances a bad taste. Thus was the fermentation process stopped short of the maximum, and the beverages consumed more characteristically had an alcohol content of 5, 6, 8, or sometimes as high as 10 per cent alcohol.

If you will refer in your encyclopedia to the article on "Distillation," you will learn that the technology of distillation did not come into general use and understanding until about A.D. 1200. It is believed that certain tribal groups in India discovered the art of distillation several hundred years earlier than that, but it was not generally known or practiced. About the turn of the thirteenth century the art became generally known and was used widely.

FIRST QUARTER

With that development came the capacity to produce beverages of higher alcohol content. Experimenters found that they could take a fermented substance, apply a flame to it and warm it to a certain temperature, and produce a mysterious element involved in mysticism in those earlier periods, which became ultimately identified as ethyl alcohol. As this turned into vapors, and these were cooled, they were condensed back into a liquid with a high-alcohol content.

Thus the art of producing high-concentration beverages has been known and used widely only for the last 750 years. In terms of the scope of human existence, 750 years brings us almost within the province of modern times.

Let's superimpose upon this certain technological advances which have come about in recent times. I refer to the period of time set apart by the historian as the beginning of the mechanical and industrial revolution, the period embracing the last 100 or 150 years. Within that time, man has developed the skills and techniques for mass production, mass distribution, and mass promotion.

These three factors of technological advancement have done more to change not only the alcohol problem, but our entire way of life than any other three technologies ever developed. The old artisan, or craftsman, gathered the raw materials of his product himself; then out of the conception of his mind he would shape, mold, fashion, build, and finish. Today, in contrast, between the one who conceived the idea and the one who applies to that idea the finishing touches of the end product of that conception, stands the human interlude of thousands of people.

Highly dramatic and illustrative of this fact is an experience I had three or four years ago in Detroit. Jim Barry of the Special Events Department of the Ford Motor Company and I spent the entire day driving from one section to another of the Ford Motor Company's great production facilities in the Detroit and Dearborn areas.

To me two high lights of that (Turn to page 34.)

Page 15

double feature

IT IS not unusual to find a splendid restaurant in a picturesque spot, but even so Stagecoach Inn is something *quite* special—not alone for its sublime views of Mount Manitou, nestling in the shadow of Colorado's Pikes Peak; not merely because it is on scenic U.S. Highway 24, which here follows the Ute Pass Trail; not even because of the excellence of its food—and *that* is unquestionable.

Stagecoach Inn also deserves its wide distinction because it has achieved prosperity and popularity without the benefit of alcoholic beverage of any sort or kind.

Not only does this restaurant decline to serve liquor of



Stagecoach Inn

Elton A.
Jones

all sorts—it goes much further. Take the matter of waitresses, for example. A waitress should be attractive, appropriately attired, and possess a pleasing personality. Agreed. Stagecoach Inn waitresses have all this, and, besides, they are all college girls. They themselves do not drink (not only while on the job, but anywhere), nor do they smoke. Qualifying for a position as waitress here is not unlike attempting to pass “college entrance” and a “physical” at the same time.

This painstaking care is characteristic of Stagecoach Inn's complete regime. Everything is under the watchful eyes of the owners, A. B. Armstrong and his wife, Susan. They have learned through the years what customers like and what they do not like.

Manitou Springs is well known for its other attractions. Stagecoach Inn is only one. Here are ancient cliff dwellings, whose early occupants and time of use are still a mystery. Nearby is the exquisitely beautiful Garden of the Gods, and, of course, Pikes Peak.

These beauties of nature are permanent. Likewise permanent is the Armstrongs' determination to operate a clean restaurant. No alcohol of whatever age, or beer which the brewer blatantly blares “belongs,” or cocktails, or mixtures which inebriate but never satisfy, will be served as long as Stagecoach Inn overlooks Fountain Que Bonille Creek, and A. B. and Sue are its owners.

As restaurant owners who have enjoyed serving distinctive foods to a discriminating public for twenty-six years, we of the Stagecoach Inn, at Manitou Springs, Colorado, do not list any intoxicating liquors on our menu. We believe that good food, effectively served in western surroundings, is not enhanced by any artificial stimulus. In fact, we would not stay in business if our living depended upon the sale of liquor.

A. B. Armstrong
Susan Armstrong

◀ Mrs. “A. B.” ably demonstrates the erstwhile operation of an “up ‘n down” churn.

Attractive tables ready ▶ to serve the next contingent of hungry guests.

A. B. Armstrong serves a delectable salad with the effortless skill and masterful art of the true chef.



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From colorful colorado

Lee Carter, of Denver, reports on one of the most unique marathons of modern times.

Round Trip to the Clouds

FOURTEEN runners lined up for the starting gun. Their path was not a circular track, nor their background a stadium of spectators.

Above them stood 14,110-foot Pikes Peak, their objective in a unique track meet commemorating the 150th anniversary of Zebulon Pike's discovery of the towering summit.

The lure of the famous peak, however, was not the primary reason for this grueling contest held on August 10, 1956. It all started when Dr. Arnie L. Suominen, of Del Rey Beach, Florida, became fed up with the advertising propaganda with which tobacco companies are flooding the country by means of TV, radio, press, and billboards. Through the press and radio Dr. Suominen flung in the faces of smokers a challenge to race him from Manitou Springs, Colorado, to the top of Pikes Peak and return, a distance of 24.6 miles. The fifty-six-year-old Dr. Suominen declared he would take on all comers regardless of age, providing they were regular smokers.

In 1936 a young man named Lou Willie, of Laramie, Wyoming, set a record by running from Manitou Springs to the summit of the peak in 3 hours and 55 seconds. Lou, who five years after setting this record took up the habit of smoking, quickly accepted the doctor's challenge. He was twelve years younger than the doctor and seemingly had everything in his favor.

As the time neared for the big event, all but three of the smokers lost their courage and dropped out. Sharply at eight o'clock on that clear Friday morning in August a shot rang out, and the race was on. Five hours, 36 minutes, and 58 seconds later Monte Wolford, a twenty-eight-year-old nonsmoker, nondrinker, and vegetarian, crossed the finish line, the winner of the race. During the next hour and a half three more nonsmokers came in, including Dr. Suominen, but the wait for the smokers was in vain, for not one of them made the round trip. Only one, Lou Willie, the famous mountain climber, made the top, where he gave up and had to be brought down by car. The other smokers played out before they reached the hardest part of the climb.

Monte Wolford said that after the race Lou Willie told him that for a number of weeks he had cut down his smoking to one cigarette a day, hoping thereby to alleviate some of the damage that he knew tobacco had been causing during the previous fifteen years. The one cigarette a day was merely to keep him in the race as a smoker.

"My object in bringing this race about by challenging smoker contestants," said Dr. Suominen, "was that I realized the harmful effects of smoking; how it not only is destructive to one's vital organs, but also affects one's personality, as exemplified by the smokers' having no consideration for those around. A smoker thinks nothing of polluting the air for children and others in public places, disregarding their individual rights to fresh air."



I firmly believe that every individual should follow all known health laws. To reap the desired benefits of good health, we must avoid any known habit that would deteriorate any of our living cells. Cigarette smoking is known to be very detrimental, especially to athletes—or anyone desiring a strong body and a clear mind.

Monte Wolford





Duane Valentry interviews
Dale Evans, star of many
mediums and many tales

NOT many years ago, as a pretty auburn-haired girl entertained her fellow office workers by singing songs during the noon lunch hour, her boss looked in and asked Miss Smith to step into his office. Sure she was about to lose her job, the young secretary heard instead, "How about bringing your talents to the company radio spot?"

So a career was born, a career that was to have its effects on many lives and inspire thousands of young people as well as give comfort to innumerable parents everywhere.

Today that young secretary, Frances Smith, is known as Dale Evans, also Mrs. Roy Rogers. A personality in the entertainment world in her own right before she met her famous husband and teamed with him in pictures, Dale is a forthright thinker and does. She considers her church work fully as important to her as her radio or television chores or her homemaking for Roy and their household of children.

Vivacious and gay, and the writer of many widely used songs herself, Dale wonders why anyone needs the so-called stimulus of liquor to have real fun out of life.

"It is the popular belief that liquor is a stimulant," she says. "But

Training for Life



how can it be a true stimulant when it dulls naturally keen reactions, damages the sensitive brain mechanism, and slows down motor responses of the body? Hence, many tragic, uncalled-for automobile accidents that could have been avoided by sharp, clear focus of the mind in traffic emergencies."

At the Rogers household there is a spirit of real fun for everyone from young Sandy and Dusty to teen-agers Linda and Cheryl. There are many musical evenings at home, since these parents feel that families should, at least in part, make their own fun instead of relying on television and other mechanized entertainment facilities.

In her many tours around the country in connection with the sale of her recent best-seller books and the annual rodeos, Dale has had much opportunity to observe human nature and behavior. Never drinking herself, she has made some interesting observations on the subject from seeing others.

"Drinking has a devastating effect on personal appearance," she says. "I have seen young women arrive at a party with that delightful, freshly scrubbed appearance, immaculately groomed, with a look of happy anticipation toward a joyful evening. It doesn't take much liquor to distort that lovely appearance, to exaggerate the fine, tell-tale lines around the eyes, to slacken facial muscles, so that the face takes on the drooping, downward look instead of the joyous, upward one. A lovely, modulated voice becomes shrill. People say things that they later regret. They do things sometimes that blight their lives and those of others forever."

Do young people need to drink to get ahead? Does a girl need to drink to be popular? Sometimes young people put these questions to Dale and honestly want her opinion. Just as honestly she gives it.

"Liquor has no conscience. It is ruthless in its dealings with human beings," she declares. "It's an insidious menace, particularly to the young people of our country. A social drink seems innocent enough; but before very long, instead of one social drink it becomes two, then three, and finally one feels that in order to be sociable, he *must* take several. Liquor dims the memory of moral values; it clouds the shrine of the soul, while it pays homage to the flesh."

Dale's big opportunity in the entertainment world came when Edgar Bergen, hearing her on radio, invited her to sing on his program, and thereafter other guest appearances gave her the assurance she needed. After a series of radio shows she was teamed with the rising cowboy star, Roy Rogers. Good friends, the two were married after the untimely death of his first wife, and Dale became a mother to his three children. Their marriage is one of the happiest in show business.

"We made a pact that we would go to church, and try to rear our children in a God-loving home. We felt that we'd be happier and the children would have a better chance for happiness with that kind of beginning."

Just as Roy and Dale did, their children now are learning those moral values that will stand by them all through life. At home they take part in family prayer and Bible reading.

"Since we like to be home each evening to have dinner with the children and hear about the day's happenings, night clubs aren't for us," Dale remarks. "That is not our kind of life, anyway—it never has been for either Roy or for me."

Dale has known men and women in the motion-picture industry who drank themselves into oblivion. She has seen fine brains addled, talent wasted, and strong bodies and beautiful faces marred and distorted.

"Everyone loves to see a fine specimen of young manhood or young womanhood. Take the athletic field, for instance. If liquor were harmless, it would not be forbidden to the athlete in training. We are all in training to fill the purpose

(Turn to page 25.)



President and Mrs. Eisenhower talk with Roy and Dale Rogers at the National Presbyterian Church after Easter services. With them is the Rev. Edward L. R. Elson, minister of the church.

Young Dusty finds that mother means what she says, as he seriously contemplates the specter of the family dog house. (below) Dale Evans's marriage to cowboy star Roy Rogers is considered one of the happiest in all the entertainment world.



WORLD REPORT



Winton H. Beaven, Ph.D., Associate Director International Commission for the Prevention of Alcoholism



NORWAY

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The government makes only two concessions. The guilty party can serve his sentence during his normal vacation time if he wishes, or, if he can't spare three weeks, he can fulfill his sentence by going on bread and water for a week.

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Now, what has happened? Consumption of strong liquor has increased by one fourth. Wines, especially strong wines, are consumed less than before. The decrease amounts to about 10 per cent. Less alcohol is consumed in restaurants, but much more in homes. Offenses of drunkenness have increased considerably. The police arrest twice as many every month as compared with the corresponding month one year earlier. Young people under twenty-one fared better at first, but since March of 1956 the increase in drunkenness among this group has become markedly higher than the average. Female drunkenness offenses started by a comparatively small increase of 30 to 40 per cent, but now seem to have reached the same increase as drunkenness in the general population.

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The second group frequented the staff canteens of large industrial firms, in which not infrequently the payment of wages took place. That a large part of the wages received remained in the canteen does not need special underlining! All the more, when one knows that many brands of beer were dispensed, and the worker had to settle on payday for what he had "chalked up" during the whole week. Outside these canteens there were everywhere spirits-selling establishments of the worst kind in which men of the lowest social classes could enjoy themselves and try to forget their misery. One spoke of a "misery alcoholism," and meant that the social misery of these men was at the root of their drinking.

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After the war increased alcoholism went hand in hand with the increase in beverage production, as can be observed in all countries; but it took on another aspect than formerly.

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Thus, economic events after World War I brought a steep increase in alcohol consumption, and with it alcoholism. Also there was an increase in the admissions to hospitals and alcoholic clinics.

The economic crisis of 1929 again indicated a falling off in the measures against alcoholism, and the results were similar to those in World Wars I and II. During both wars there was much drinking in the armies, and there many young soldiers learned to use alcohol.

The world of today makes a man neurotic; he is worn down by its relentless tempo. He has not time to eat his meal pleasantly in quiet surroundings, and with it drink a glass or so of beer and wine as formerly. Instead he swallows down a roll or a sausage and follows it by one or two glasses of highly concentrated alcoholic drinks. For this reason specially constructed premises have been developed, and so we find the countless buffets which meet this need and the so-called Espressos. They not only minister to the need for coffee, but serve various brands of spirits, liqueurs, etc.

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(Turn to page 22.)

This development explains the sharp increase in the per capita consumption of spirits in Austria from 1.2 liters in 1937 and 1.1 liters in 1947 to 3.5 liters in 1948, in 1952 remaining still as high as 2.3 liters. The consumption of wine also rose from 19.3 liters in 1936 and 18.9 liters in 1946 to 25.1 liters in 1948.

The establishment of these premises is also connected with the drinking desires of women, which in all countries results in a considerable increase in the admission to treatment centers of women alcoholics. It was formerly unusual to see a drunken woman, and at least in Central Europe women were not permitted to share men's drinking habits. Now the situation has completely changed.

Although alcoholism is only one part of the addiction problem, it is nonetheless of great social, economic, and medical significance. This is shown by the increase in admissions to psychiatric clinics and treatment centers. During 1947 the admissions of male alcoholics represented 16 per cent of all male admissions in the University psychiatric clinic in Vienna; in 1952 it was not less than 55.8 per cent. The corresponding figures for women alcoholics are 1.2 per cent for 1947 and 8.5 per cent for 1952. (H. Rotter.)

With W. Solms, one can now rightly call alcoholism not only the most important psychiatric problem, but also the *most dangerous mental illness, having regard to the accidents, offenses, and crime which take place under the influence of alcohol.*

This is underlined by the particular harm to the alcoholic's family from the mental health and social-economic aspects as well as through the development of pronounced mental illness such as delirium tremens, jealousy paranoia, and Korsakoff's psychosis.

An old medical proverb says, "Prevention is better than cure." We must ask ourselves, "What can we, and what especially can the physician, do to prevent the development of alcoholism?"

First of all, we must be clear that there is no one single cause of alcoholism, but that its advance conditions are many-sided, as, for example, addiction to alcohol and habitual alcoholism. The advance conditions are often already discernible in youth. We find young people, often children, who are used to having their scarcely uttered wishes already fulfilled. These people have not learned to control themselves and to become master of their mental tensions. Therefore our prevention must start in the childhood years. Only when the child has learned that all cannot go according to his wishes will he be ready

to undergo the tests which daily life prepares. It can only succeed if he gives up the fulfillment of a wish in order to control himself, and to conquer any disturbances to his mental balance. So enlightenment of the parents is necessary, particularly of the mother by a doctor in whom she has confidence, and the children's doctor, e.g., in the mothers' advisory bureau or through the school doctor at meetings of the parents' association.

It is well understood that the trust of patients in the doctor's consultation gives the physician again the opportunity to point out the importance of self-control. So we can by inquiry and advice show our patients the part played by alcohol in the development of certain complaints and that it, therefore, must be avoided. The nervous vascular troubles especially often give an opportunity for demonstrating the harmful effect of alcohol. Many of our patients

On the other side, we learn that abstainers can sometimes suffer from what was formerly known as the "drinker's illnesses." There are no specific "drinker's illnesses," save delirium tremens. The less favorable course of illnesses in drinkers and their lower expectation of life have led some insurance companies to offer preferential rates to abstainers.

The prejudice—I would rather say, superstition—that alcohol is a medicine for all possible illness and troubles is widespread not only among laymen but among doctors. Here also medical prevention must play its part.

Warning against the medical use of alcohol cannot be too strongly emphasized. Cases are known to me where through medical prescription of alcohol untold harm has been done. In some instances former drinkers have been ordered alcohol on medical grounds in spite of the fact they were opposed to

HOW WISE ARE YOU?

Paul C. Kirsch

Upon reading in a popular magazine that cigarette smoking is harmful, a particular reader, so the story goes, gave up reading. This little quiz in itself will cause you to give up neither reading nor alcohol (if you are a drinker), although it might help you to be a little wiser about some of the truths and untruths of alcohol. The following statements are either *true* or *false*. See how many you can answer correctly. Give yourself ten points for each correct answer, 90-100 points is excellent; 70-80 points is good; 60 or under—you need a little correcting of your opinions about alcohol. See answers on page 34.

	True	False
1. Alcoholics are short on "gray matter."	_____	_____
2. Alcohol causes hardening of the arteries.	_____	_____
3. Alcohol can cure a cold.	_____	_____
4. Alcohol supplies vitamins.	_____	_____
5. Alcohol is a stimulant.	_____	_____
6. It is only the user of hard liquor who becomes an alcoholic.	_____	_____
7. Alcohol causes ulcers.	_____	_____
8. A well-balanced diet can do nothing to lessen alcoholism.	_____	_____
9. Alcohol enables one to resist disease.	_____	_____
10. The taste for alcohol is hereditary.	_____	_____

know these effects from their own experiences without having been able to draw the necessary conclusions.

It is necessary to recall that the concept of "drinker's illnesses" is not now correct. Formerly, one included in this term such troubles as shrunken liver, kidney arteriosclerosis, beer and wine heart, alcoholic inflammation of the nerves, and alcohol psychosis. Today we know from statistical researches that all illnesses in drinkers take a less favorable course, that mortality among drinkers is higher.

it and through it have had a serious relapse. In my early days as a doctor I have seen children with serious lung troubles or infectious illnesses receive alcohol (Tokay, cognac) till they were drunk, in the belief that the working of the heart was thereby stimulated.

Much more important, however, than preventing these still only rare occurrences seems to me to be the *elimination of alcohol from the doctor's means of treatment, in order to dispel the superstition about the wonder power of* (Turn to page 28.)

MIKE CARRALLI'S friends were hard workers. Many of them were skilled carpenters, masons, mechanics, cooks, and bakers. Mike, too, might have developed into a skillful craftsman. But Mike believed that a man with a great talent should capitalize on it; and he insisted that his great talent, of which he never tired boasting, was making wine.

Mike claimed that his grandfather had given him the secret of producing a perfect Marsala wine—better than Chianti, Pomino, or Montepulciano wine, and, he always added, "much stronger and more fragrant." This secret Mike brought with him from the old country to Chicago, where for nearly forty years he had been reminding his friends he had "never made anything less than a perfect Marsala."

Mike plied his wine-making trade in the basement of his home. There he kept twelve 250-gallon casks. The wine in six of these casks was always ready for sale or consumption, and in the other six casks the must was fermenting, receiving the "secret Carralli" method of fortification and sweetening.

Mike did his own evaporating, drawing off, fining, and bottling. He allowed no one else in the basement at any time; nor was any vintage delivered unless he himself was on hand to examine and receive it.

Mike boasted not only of his ability to make wine but of his great capacity to "hold" his wine. All his hard-working friends used to say that while they "threw" themselves in their work, Mike "drowned" himself in his.

On one September afternoon nearly twenty-five years ago occurred the first of many incidents which was to climax in that act for which Mike was now sincerely repenting. Giocomo, or "Como" as he was called, was six years old, the youngest of Mike's five children. Altogether Mike had four sons and one daughter.

From the rear porch little Como had been watching three men carry boxes of grapes from an open wagon in the alley into the basement. He saw that sometimes his father would shake his head after examining a box of grapes. The men would then take these unsatisfactory grapes back to the wagon, and return with other boxes.

Como had never before seen so many grapes. In purple, red, yellow, and white clusters they bulged out of the boxes. His mouth was watering. He was happy when he saw the three men and his father ride away. When he no longer heard the wheels of the wagon crunching through the alley, Como ran down to the rear door of the basement;

well

Charlie
Blank

Wine OVER BLOOD

This is a true story. Originally Chicago newspapers reported it in a few sentences as a routine crime. However, the morning after the tragedy occurred, Mike Carralli, in a personal interview in his prison cell, opened his heart to describe the real tyranny in his life that made wine more important to him than his own son's blood.

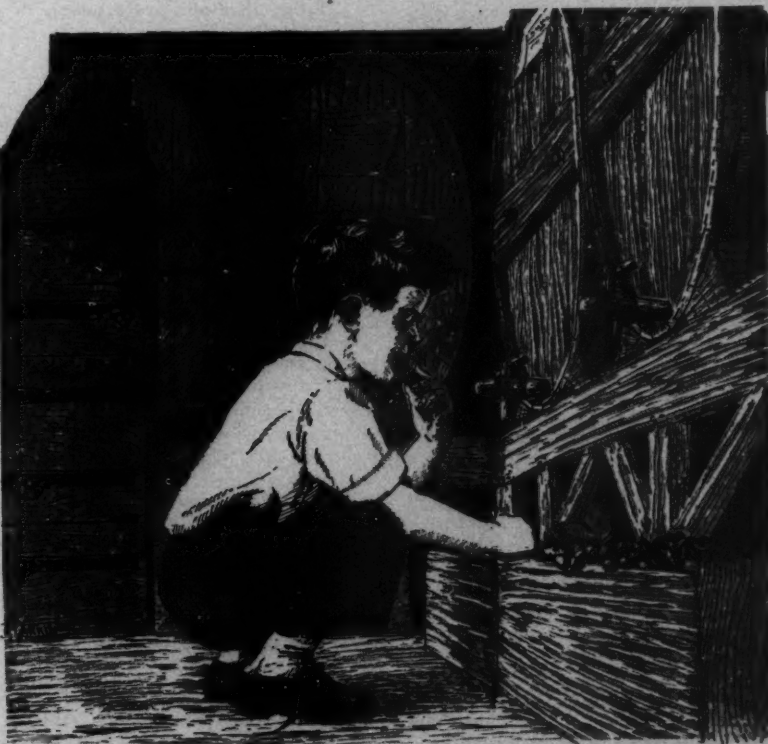
but, as always, he found that brass lock clamped shut beneath the black leather flap on the door.

Como peered through the basement window which faced the narrow yard. It was barred. But he could see the boxes of grapes piled to the ceiling. Como thought that now was the time to eat those grapes, not after they began to wrinkle and fade.

Como explored the opposite side of the house. There he found not a yard, but a sunless separation between houses,

a separation so narrow for grownups to walk through, except perhaps sideways, but not so narrow for a small, agile boy like Como to scamper through.

As Como made his way between the houses, his feet sank into the damp earth. He went through the back window, but saw nothing. The glass was too heavy. He tried to open it, but the window was sealed tight. The center window, however, Como pushed open easily. Climbing through, he landed between two casks.



The air was too thick with the smell of fermentation for Como to breathe without coughing. He looked up at the window through which he had entered, and hoped he would be able to climb out of it after he had tasted some of those grapes. He began breaking the clusters that hung out of the boxes. The white grapes were sweet, but the red ones were sweeter. He was reaching for the purple grapes when he heard his name cutting through the cold and musty air.

"Como!" It was his father's voice. He looked up in time to see him jerk open the basement door. "Como, what I tell you about comin' down in this basement? What? Answer me! What I say?"

"Papa, I wanted to taste the—the grapes. They—" But Como felt his teeth pushing into his tongue under the impact of his father's hurtling fist.

"Didn't I say never to come down here—*never*? You can't hear me, eh? I'm fix you." Como avoided the second blow, but not the third, fourth, fifth. His head struck a spigot. Wine and blood crowded the breath and senses out of him.

In the back yard Como came to his senses. His father was shaking him violently. Como thought his head would be jerked from his neck.

"And if—listen to me, you robber—I see you down there again, I'll kill you! Hear? Kill you!"

Como's mother ran out. She took little Como in her arms and cursed her husband in sonorous Italian.

"Yeah, yeah," Mike interrupted, "and that goes for you and everybody. Nobody in my wine basement—nobody! Down there's my secret, my business, my life."

"Brute," she said, taking Como into the house, "what's the matter for you?" she asked, turning to her husband. "Care for your smelly wine more than for your own flesh an' blood?"

"Sure, that's right." Mike leered. "Wine over blood—that's me—over my blood, his blood, anybody's blood."

"A love like yours for wine is made in—in hell and paid for in hell. Next time beat me, not little Como."

"I remember that. Next time I'm beat you—both." Mike tossed his head back and laughed.

Mike's wife, his sons, his daughter, and his daughters-in-law were the frequent victims of his drunken rages. He often embarrassed the wives of his sons with his nonmoral tendencies. What was most sinister was the perverted joy that Mike seemed to derive from his shameless conduct, from the pain and anguish he caused to everyone who was

related to him by blood or marriage.

Como was thirty-one now, and married. He had a two-year-old daughter, and his wife was expecting another child soon. He had driven his mother to the doctor's office and had taken his family along. His mother was in the office a long time, but finally came out. The doctor followed her into the waiting room, where Como and his wife and child had been waiting.

"All right, Mrs. Carralli," the doctor began, "you wait out here while I ask your boy and his wife in for a moment, and give them the instructions about the medicine you are to take."

"Fine, I'm wait downstairs in the car with the little one." She took Como's daughter in her arms and went downstairs.

Sick by Choice

Florence M. Stellwagen

**They say drink's victims all are
"sick,"**

**But why not raise our voices
To say that they are "sick"
because**

Of very foolish choices?

**To keep reiterating "sick"
Without a single reference
To cause of illness (which has
come**

From alcoholic preference),

Is rather futile, seems to me.

**If people who can think
Knew more of what makes
people "sick,"**

There'd be less "alco-drink."

"Doctor," said Como, "how is my mother? Will she be all right? You, you can tell me and—and my wife."

"Yes, I've been thinking about it a long time. I think it's best that someone in the family knows her real condition, but it's always hard to say it. Perhaps the best way to say it is, Take care of her, very good care of her, because, well, she won't be with us too long. See if you can give her years of happiness in the next two or three months."

It was not until more than an hour later that Como felt he could face his mother without crying. He took a long time, thinking how his father had struck his mother just before she left for the doctor's office. Finally he drove homeward, faster than he usually drove. He had determined to destroy what he considered the source of his father's viciousness. His mother's last days

could then be filled with uninterrupted happiness.

As he thought of how his mother's happiness could be best achieved, he gripped the steering wheel until his wrists and fingers ached. He finally drove along the curb in front of the house, the house of wine and misery and humiliation, but, above all else, the house of unhappiness for his mother unless—

Como helped his mother and his wife out of the car. Then he said he was going into the garage for some tools. He came out with a crowbar in one hand and an ax in the other. With the crowbar he pried off the lock from the basement door, and with the ax he split open every cask of must and wine in the basement.

When finally he climbed out, he was reeling from exhaustion and from the wine fumes that had exploded from the barrels, bottles, casks, and vats that splintered under the flailing ax. His shoes and his clothes were soaked with wine.

"Como, Como, look out! Run, Como! Run!" shouted a voice.

Como had reached his car at the curb. He turned. He saw his father stumbling and swaying through the narrow yard like a wounded and baited bull, but not until his father had reached the sidewalk did Como see that he held an old shotgun in his hands.

"My wine! All my wine, gone down the sewer! Como, where's Como? In the basement again! Ah, there you are. Now you gonna pay, like I always say, with your blood. My wine, you make it go in the sewer. That's where I'm gonna put you, in the sewer!"

People began to scream and to run for cover as Mike lifted the shotgun to his shoulder.

"Mike, Mike, for God's sake," cried Como's mother. "Don't shoot your own flesh an' blood. Mike, shoot me. I'm hate your wine more than Como! Mike!" She rushed toward her wine-crazed husband, but before she could reach him she heard the blast of the shotgun and saw Mike reeling backward. She turned to see Como crumpling to the curb.

"Como, my little Como!" She fell on her knees beside her bleeding son, praying in Italian that she and not her "little Giocomo" should die. But the shot that struck Como's left shoulder had been deflected to his heart. He died there on the curb, in his mother's arms.

At the corner the police seized Mike Carralli. Loose-jawed and dazed, he mumbled, "Wine over blood, made in hell, pay in hell, wine over blood, Giocomo—"

FROM WHERE I SIT

(Continued from page 10)

Abstinence for me has paid off not only in greater respect from my fellow men and my own family, but also in good health. I'm in better condition physically than most men of sixty-eight.

Even at political conferences, where drinking usually is heavy, I have stayed by my convictions. I drink only ginger ale. In this regard I feel free to exercise my own personal decision. I have as much right to choose a nonalcoholic drink as the next fellow has to drink his liquor.

The longer I have stayed in public life, the more I have seen of the terrible ravages caused by drink, not only on the people who have come into my courtroom, but on professional men and women as well. I've known doctors who drank, and as the result have taken their lives as suicides.

My observation that from 75 to 90 per cent of the cases which come into the Domestic Relations Court are caused by drink was confirmed recently by Police Judge Cecil Curry, who gave the same testimony before he retired from active service. He, too, has seen the ravages of drink on family life.

The fact that other judges throughout Florida feel the same way as I do is shown by a resolution adopted by the Florida Council of Juvenile Judges recently in which comment was made to the effect that drinking parents are the worst problem in the country today.

Drinking on the part of parents causes them to neglect and abuse their children. Liquor-loving parents are guilty of much improper behavior while drinking. That's why fully one third to one half of the cases involving juvenile delinquency are the direct result of drinking parents.

Such parents are also responsible for most cases involving runaway children. These children stand their unfortunate home conditions only so long, then feel impelled to flee such an environment.

From where I sit in court today it certainly seems that drinking has torn down the morals in family life. This is especially true of the morals of young people. For example, beer is used by an older boy to overcome the resistance of some pretty child he has taken a fancy to.

On the other hand, there are encouraging signs that something is being done to remedy the situation. One very active group is Allied Youth, an organization of high-school students which has organized chapters in all big

high schools in the Miami area, and in several of the states. No liquor is used at their gatherings. Their slogan is: "It's Smart Not to Drink."

Let me add that national advertisers, especially TV advertisers, must become co-operative before any real progress can be made against this problem of drinking. TV presents the greatest danger because of the added appeal of the visual portrayal of attractive advertising.

In summation, I say that the entire country would be much better off if drinking were done away with, and family life in America would be much more wholesome if parents, along with their children, were all nonusers of beverage alcohol.

JANE PRITCHARD

(Continued from page 14)

in their own home. The Pritchards did everything they could to help them while they had them. At the time Mrs. Pritchard was receiving the honors that go with being proclaimed American Mother of the Year, she had seventeen of these children in her home—a ten-bedroom house, not a shoe.

She says that frequently these children needed outside care because the alcoholism of the mother or of both parents disrupted their home. Mrs. Pritchard feels that parents who have alcoholic beverages in their home are opening the way for the children to think that alcoholic drinks can't be bad. Surely in their homes, she says, children should get only good examples and not be led into habits that might wreck their personalities, their homes, and their lives.

"In our home," continues Mrs. Pritchard, "we never drink alcoholic beverages, nor do we smoke."

There have been eleven weddings at the Pritchard home—seven of the brides were her own adopted daughters, all nonusers of beverage alcohol.

Mrs. Pritchard, who is now sixty-six years old, is still full of energy and vitality. She arises every day at six and works through until midnight to keep her children and her home in order.

When Jane Pritchard was honored at the Waldorf-Astoria by the American Mothers Committee and was greeted by Mamie Eisenhower, she received many telegrams of congratulation from children, friends, mothers, clubs, and P.T.A.'s—all joining in honoring this diligent, loving, and devoted mother, a true personification of that which is highest and best in American motherhood.

TRAINING FOR LIFE

(Continued from page 19)

for which God created us. In this fast-moving and complicated world today, we need every one of our God-given faculties in tiptop running order to achieve our goal.

"Many people use liquor as a crutch, as a means of escape from the many demands of today's hectic life. But drinking is not the answer. When the effect of liquor has worn off, the problems are still there, plus a headache and a sense of failure and defeat."

They wonder at Roy and Dale, some of those would-be glamorous people they meet constantly, the people who feel most at home with a glass to their lips. But such people admire them—their health and handsomeness, their charm and intelligence, their happy home life and marriage. Maybe they have something after all!

Dale isn't ashamed of being religious. Not only does she "love to tell the story," as the old hymn goes, but she has written it in her books and in her recent song, "The Bible Tells Me So." She isn't timid about expressing her convictions.

"God has been very benevolent to mankind," Dale says softly. "He has given us a beautiful world of nature, the human family, friendship, work, and has instilled the desire in the human heart to search Him out. Liquor is a poor substitute for God. He alone can bring true relief from tension and the stresses of life. He alone can give peace to the heart and purposeful direction for a constructive and happy pilgrimage on this earth."

It hasn't been all joy and ease for Dale. There have been hard and discouraging times, and there have been unhappiness and bitter sorrow. *Angel Unaware* was a book written out of a heart full of sorrow at the death of little daughter Robin a few years ago. But through faith, sorrow was lifted, and Dale's book has helped thousands of parents of handicapped children redirect their own faith upward. To assuage their own sense of loss, Dale and Roy adopted two small children to add to their family.

A short time ago Dale was given a Phi Mu Sigma award of merit from Wisconsin State College for her aid in the education of the mentally retarded.

You don't need liquor—you do need God, is her summing up, a firm belief which she will share with others whenever she has the opportunity.



IDAHO

When Federal laws were enacted allowing the sale of liquor to Indians two years ago, many hailed the step as the solution to drinking problems on the reservations. Now they are not so certain. Widespread drunkenness in reservation areas has resulted, and nowhere is it worse than in Blackfoot. More arrests for drunkenness are made in that little city than in any other city of any size in Idaho. And this number indicates only a fraction of the drunkenness among the Indians in this section.

Parole Officer Del Clough recently declared that many young Indian boys are already well on their way to becoming alcoholics.

Both city and county officials in Blackfoot agree that the situation is much worse now than it was before Indians could legally buy liquor. Though some people welcomed the liberalizing law at the time it was passed by the Federal Congress, and thought the Indians would be benefited thereby, it has worked in the opposite way to what they expected.

Connecticut

Mixing liquor with water—tipsy boating—may become an offense in Connecticut with a \$100 fine attached. The Outboard Boating Club of America suggests that in one respect water accidents are twice as dangerous as those on highways, since passengers "also are in danger of drowning."

Minnesota

Governor Orville L. Freeman, concerned about drunken driving in his state, asked law-enforcement officers to check entertainment places where intoxicating liquor was sold and to arrest drunken persons before they get into their automobiles. He showed deep concern over the fact that Minnesota shows increased tolls over holiday weekends, declaring emphatically, "There cannot be any favoritism, or the backbone of our enforcement program is lost. Violators must be tracked down and prosecuted."

Minnesota requires a drunken driver to exchange his license plates for special plates marked with an XW and a special license number for a certain period. Such a car is stopped frequently and watched by police.

State of

Washington

Following the example of seventeen states and the District of Columbia, Washington State may adopt a bill proposing that state liquor profits be used to treat alcoholics. Such a program, supervised by the State Department of Institutions, would be financed by .05 per cent of the state's liquor profits. This would raise an estimated \$250,000 a biennium, and would receive support from patients and their families. The inadequacy of the amount is shown by the estimate that the program would need at least that much each year for personnel and operations costs at Western State Hospital, where it is proposed to try the treatment.

New York

A committee of fifteen, called the Joint Committee on Narcotics, has been appointed to study the effectiveness of the state's antinarcotics laws and to recommend ways of dealing with the narcotics problem. These members do not receive any pay for their serving on such a committee.

California

According to Police Chief Frank Ahern of San Francisco, the drunks that are now arrested will have to face the judge. For years the policy has been to put the drunks in jail, hold them until they sober up, then release them without a court appearance. Federal statistics rate San Francisco the heaviest-drinking town in the country. Of 68,833 arrests last year, 43,709 were for drunkenness, but of this 43,709 only 13,651 were taken to court.

"Drinking drivers are a growing menace on our highways," says California Highway Patrol Commissioner B. R. Caldwell. "With an increase of 13.2 per cent in accidents involving

drivers who had been drinking, as compared to a 10.7 per cent increase in all accidents, drinking drivers are piling up a shameful record of death and injury. Many times even a couple of drinks will slow the reaction time to the danger point and set the scene for a potential accident. Then when a tight situation occurs requiring quick positive thinking, and a fast reaction to avoid an accident, the drinking driver is in trouble."

Californians drank more beer in May, 1956, than in any month since the repeal of prohibition.

Because of the increase in population of California, Russell S. Munro, director of California's Liquor Administration, says he has decided to accept 3,293 new bar licenses. But the high cost of such a license, \$6,000, causes him not to anticipate many applications, especially in Southern California, where 2,218 permits are being offered.

Illinois

The Illinois dramshop law holds both saloon operators and landlords liable for injuries traceable to the selling of liquor. Anyone who suffers injury or damage because of the actions of a drunken person may sue the saloon or saloons that provided such a person with the booze. This injury could be to property, person, or means of support. For instance, one woman sued forty saloons for \$480,000 on charges they made her husband a habitual drunkard. Another time, a lawyer, having had too much to drink at a restaurant, ran his car into a railroad-pass abutment and killed himself. His widow, left with two children, received \$25,000 from the restaurant as settlement. Contending that a drunk bit off his ear, another man sued for \$50,000. Tavern operators complain that the law is "vicious." It has been estimated that between \$3,000,000 and \$4,000,000 is paid out annually by tavern keepers in damages and settlements under the dram statute.

OF THE STATES

Kentucky

Alcoholism is a major health menace in Kentucky. It has been estimated that there are more than 48,000 alcoholics in the state, and that alcoholism costs Kentucky \$11,138,000 a year in lost wages, welfare costs, crime, accidents, property damage, injuries, etc. These costs in lost wages alone, as reported by the Legislative Research Commission, amounted to \$6,176,000 in 1953. This same committee reports that more than 22,000 Kentucky children are having trouble in their schoolwork because of constant and excessive drinking by their parents.

Charles Dibowski, chief probation officer for the Jefferson County Juvenile Court, said that he and his organization see the signs of tremendous loss, both financially and in human beings, in the cases coming before the Juvenile Court. His office handled \$419,000 in 23,000 cases of nonsupport of dependents in 1955, and alcoholism was involved in most of the cases. However, Dibowski said, one of the biggest costs cannot be measured in money. "We find that the damage to children in the home of an alcoholic is terrible."

Florida

During the last ten years county option elections show six counties changing from wet to dry while only one county changed from dry to wet. In that period of time the wet-dry status in Florida is as follows:

Thirteen elections called by the dries.
Thirteen elections called by the wets.
Eighteen elections won by the dries.
Eight elections won by the wets.

Net gain of one county changed from dry to wet.

Net gain of six counties changed from wet to dry.

At the present time the total is:
Twenty-one dry counties in Florida.
Forty-six wet counties in Florida.

FIRST QUARTER

Michigan

The State of Michigan has been carrying on a progressive program of coupling education with enforcement in an effort to reduce the number of drinking drivers. This approach attacks the problem at its source—bars and retail liquor outlets. Every year, beginning in 1949, a holiday hazards program is carried on, bombarding the public with promotion by newspapers, radio, posters, leaflets, and correspondence stickers with the general theme of "Drunk Drivers Lose Their Licenses."

The public is informed that more than "50,000 Michigan motorists have been convicted of drunk driving and have automatically lost their licenses under the mandatory provisions of the state law—this now at the rate of over 5,000 a year."

Also in the bars a program is carried on to remind the drinker, "If you are driving, take it easy." A police officer visits each bar once, a two-minute call, between the hours of midnight and 2 a.m. At that time he reads a statement on the hazards of drinking and driving.

A study by the police in the state shows that during midnight and 2 a.m. in the last two weeks of December one out of seven drivers involved in fatal accidents was "under the influence," four out of ten had been drinking, and one out of two of these accidents involved one or more drinking drivers.

In addition to this educational program, seventy prints of a short film are shown in approximately 200 theaters, reaching an estimated 2,000,000 persons.

Drunk Driving Convictions State of Michigan, 1946-54

(Annual Average)	% Population	
	Increase	Increase
1946-49	4,798	
1950	5,386	12
1951	6,076	13
1952	6,378	5
1953	7,397	16
1954	7,992	8

A Boy's Judgment

Patrick A. Collins, the mayor of Boston for a number of years, believed that a boy's word is worth listening to. One time a complaint was made to him that a saloon was located too near a certain public school. The politicians and others interested in keeping the place open urged him not to interfere with the resort. The school authorities desired it closed and removed.

After the mayor had listened to arguments from both sides, he said, "Well, I'm going to let the boys of the school tell me what they think of the place."

The next day half a dozen boys, ranging from ten to fifteen years of age, called on the mayor. Each boy gave his reasons why the saloon should be taken away, until the last one, a youngster of twelve, spoke.

"My school gives me a chance to be mayor of Boston someday; the saloon can't. I think we boys ought to have all the show we can get to be mayor. That's all I know about it."

The mayor threw himself back in his chair and laughed heartily; then, straightening up, he said to the last spokesman:

"My boy, you have said more than all the politicians and the teachers. You shall have the show to be mayor. That saloon will have to quit business at once."

Everybody Pays!

Harold Robbins

During the war I served aboard the warship U.S.S. "Ralph Talbot." While we were in Sydney, Australia, one of my shipmates went to the richest night club in the city. He was renowned for his drinking and fighting.

Going up to the crowded bar and showing a roll of bills containing \$2,000, he shouted, "When I drink, everybody drinks!" All in the night club came forward to help the happy sailor spend his money. When, however, the sailor emptied his glass, he laid down a shilling on the counter, then said in a loud voice, "When I pay, everybody pays." Thereupon the cheated crowd watched as he went out into the night.

When a man drinks, he pays for it—so does everybody. The drinker pays twice, once when he gets his drink, and again when it gets him. Everybody pays through increased insurance rates, through additional taxes, through the lives lost because of drinking drivers, through broken homes.

Yes, we pay! Everybody pays!

Page 27

THE "NEW ALCOHOLISM"

(Continued from page 22)

alcohol. Many come to use alcohol through medical advice very conveniently, for it justifies their desire for intoxicants.

Medical marriage counseling also gives us the possibility of working in the preventive field even though we are not yet sure how alcohol affects the coming generations. In 1934 I reported on inquiries regarding 1,094 descendants of 728 drinkers. We separated two groups, which we described according to their procreation. Those born in the period before the father was an alcoholic were described as *voralkoholische*; those born after the father had given evidence of alcoholism were called *alkoholische*. Thereby we were able to show that the mortality and the number of stillbirths in the *alkoholische* group were considerably higher than in the *voralkoholische* group. Eclampsia and tuberculosis were more frequent among the *alkoholische* children, and their school results were not as good as were those of the others. Mental and bodily defects were twice as high in the *alkoholische* group. It seemed that the alcoholism of the father could develop and release an existing defective predisposition.

The doctor who is active in the youth

movement has a good field for preventive work. He can emphasize the effect of alcohol on efficiency in sport, the economic side of the alcohol question, as well as possible harm to future generations. All these are questions which interest youth.

Perhaps the most important contribution in the preventing of the development of alcoholism by the doctor is his own personal example. Even today the doctor is still an authority, and youth believe in him. They will take him for an example. *If he drinks and smokes, they will emulate him and measure their own adulthood by him.* They will also drink and smoke. If he refuses these narcotics for himself, they will follow in that because they regard his attitude as different from that of other men and women, and they will see in this a proof that the doctor they like has a higher standard. They will then strive to do the same.

In this connection I would like to say a word about moderation. I believe that it was from Von Bunge that the phrase came, "The moderates are the seducers." What do we understand by that? Doubtless there are men who occasionally take a glass, are never drunk, and can give rise to the belief that to drink alcohol is not harmful.

There is unfortunately, however, no satisfactory definition of the concept of moderation, for tolerance to alcohol

varies with the individual, and also in one and the same man great differences can be noted. The sensitiveness to alcohol is, for example, considerably increased in febrile illnesses, or after injuries to the cranium and the brain. A danger of moderation is that through it the addicts who with all their will cannot be moderate, cannot give up drinking once they have started. This the doctor must keep before him when he wishes to do preventive work, and it is natural that he will come to complete personal abstinence. There is also no question that the combating of drink customs is a necessary element in the prevention of alcoholism.

Propaganda for the nonalcoholic use of fruit is something to be included in the doctor's preventive program. I cite the example of the increase of alcohol-free restaurants, as in Switzerland, which is an example for all countries. Nor must we forget legislative measures, particularly as concerns the treatment of alcoholics, in which the doctor has a special role.

It is not possible today to combat alcoholism by the same means as were used one hundred years ago. The outward form of alcoholism has, as we have seen, altered, indeed markedly altered, as has our attitude to its real character and development. We must, therefore, take stock of the means we should use to combat and to prevent it.

IS THIS GOOD BUSINESS?

Andrew C. Ivy, Ph.D., M.D., D.Sc., LL.D.

Here is a comparison which demonstrates the relative sense of values which some people have in connection with the consumption of alcoholic beverages:

Every year \$50,000,000,000 is spent in the United States for crime and to pay off the cost of crime, gambling, prostitution, alcohol, and tobacco. Educational research of all types, plus, for example, what is given to the cancer society or the American Heart Association, and so forth, amounts to \$7,270,000,000; for religion and welfare, \$1,820,000,000 (year, 1950).

In other words, we spend in this country nearly thirty times more money for crime and the maintenance of vices than we do for religion and welfare. We spend more for alcoholic beverages and tobacco than we do for all education, research, religion, and welfare. Something is wrong with the education, thinking, and conduct of human beings when such a situation as that exists. (A total of \$21,500,000,000 is spent annually for gambling.)

We spend approximately as much to destroy life and happiness, to cause death and trouble, as we do for food to keep ourselves alive. About 7 per cent of the expendable income in the United States is spent for alcohol (4.5 per cent) and tobacco (2.5 per cent).

Here is another shocking comparison: Between 1934 and 1949, \$92,500,000,000 was spent for alcoholic beverages. In other words, we spent \$92,500,000,000 to produce toxic pleasures and toxic relaxation; to produce the No. 4 public-health problem; to increase crime, divorce, poverty, disease, death, tragedy, and untold human misery.

If that money had been spent properly, we could have bought 3,000,000 \$9,000 homes, plus 10,000,000 \$2,000 autos, plus 45,000,000 \$1,500 savings accounts—a savings account for almost every family in the United States. In view of all the misery, poverty, disease, and deaths produced, it is obvious that our country would have been better

off if that \$92,500,000,000 had been dumped into the Atlantic Ocean.

How the businessmen of the communities in our country can permit something like this to exist, how they can stand by quietly and lose 4.5 per cent of the consumer's expendable income to an industry that causes so much devastation to the country, is hard to understand. It would seem that the businessmen would rise up in arms against a situation of that sort, for the industry that causes all this trouble takes out of their coffers approximately \$9,500,000,000 every year. In other words, legitimate business in the United States loses about \$9,500,000,000 annually to an illegitimate business.

I can't believe that the people of our country really want the liquor business to exist. It exists only because the majority are pressured by false propaganda and actually coerced by a comparative few who voice threats of bootlegging, lawbreaking, and opposition to law enforcement.

YOUTH'S RIGHT TO KNOW

(Continued from page 7)

important one stems from the home itself. As everyone knows, there has been a phenomenal rise in juvenile delinquency. This is a fertile field for the cultivation of drug addiction. Traffickers, always alert for customers, have turned to juvenile delinquency as a new and ready source of users.

"Nearly all juveniles that become drug addicts come from homes where there is an inadequate parental control, the lack of moral and ethical values, and a total disregard of human personality and personal responsibility. The addiction follows in the wake of the wave of juvenile delinquency and does not usually precede it. This is true at least in most of the cases coming to our attention. Crime breeds drug addiction, and drug addiction breeds crime. It is a vicious circle."

The failure of parental responsibility and the decadence of the home are the crux of the problem, and they are obviously major underlying causes contributing to increased juvenile dope addiction. Parental delinquency is the progenitor of juvenile delinquency.

Adults who glut their bodies and starve their souls are bequeathing to their children a spiritual paralysis. While delinquent parents run around at night, pursuing their own phantoms of pleasure and entertainment, their children roam the streets in search of some companionship and attention, and easily form life-crippling associations. They seek in some passing thrill or pleasure to find some reason for life their parents have failed to give them.

Truly a good home is a strong defense against the evil in the world. But too many homes furnish everything except the one ingredient which often is the only one that can help bewildered youth—genuine Bible religion.

We are a befuddled generation, unable even to equip our own children with the moral resources necessary to face life. The godless philosophies of materialism and hedonism have made God as vague as an unnecessary abstraction and have brought about the disintegration of moral concepts in our generation.

The majority of modern youth look upon the church today as a body of ritual from which the oxygen of life has long since vanished. The flame has died out. The spirit is gone. From most of the pulpits in the land we hear no adequate challenge or call of destiny that would set the spirit of youth aflame. All too often we find the church doing

The Sane Set

ON MAY 14, 1956, another baby was born into the world. On that date a number of interested persons gathered about a table in a small uptown office in mid-Manhattan to see this new infant organization draw its first breath of life. Thus Sane Set came into being.

The original idea came from the mind of a woman community leader who had long been deeply concerned about the growing problem of the average young person finding social and cultural interest among those of his own group without the intrusion of intoxicating beverages.

Glamorous advertising, popular books, plays, movies, radio, TV, newspapers—all exploit the cult of the cocktail as the socially accepted norm. A leading woman's magazine recently advised teaching youngsters to drink at home, presumably to keep them from going off on a real binge somewhere else.

Sane Set stemmed from a whimsical suggestion by Ruth Cross in a popular magazine article, "Non-Alcoholics Anonymous," that "we queer birds who don't drink had better start flocking together." The idea of Sane Set is not to criticize what other people do, but to emphasize the fact that nondrinkers have as much right to stay sober as drinkers have to get drunk.

The basis of Sane Set is simply to establish groups in which nonimbibers can get acquainted and have good times sans alcohol. Allied Youth has geared its program to teen-agers, especially in high schools. Mrs. Cross has in mind the somewhat older age groups—from newlyweds on up! "We want to make meetings both educational and social," she says. "A good speaker, or group discussions, on what alcohol actually does to the human mind and body—also many allied subjects, such as general health, safety, juvenile delinquency, and marriage and divorce problems would occupy the first half of the program. The latter half would be purely social."

No pledge is required, but it is taken for granted that those who join either are or wish to be nonusers of alcohol. The organization is nonsectarian, but is working effectively with churches. A simple pin or a windshield sticker helps identify Sane Set members and spread the Sane Set idea. New people in a community soon learn that there is a friendly group they can join without having to drink. The ultimate aim is to make it not only safe, sane, and thrifty, but also socially "smart" to remain sober.

Sane Set is still in the formative stage, but the basic principle of the full life through sobriety is rapidly taking hold. "It is a positive solution to a problem which for many is very perplexing," declares Mrs. Cross. "Of course we need help of every kind. But, most of all, we need people who are willing to get busy and organize Sane Set units."

Further information can be obtained by writing to Ruth Cross, 15 West 44th Street, New York 36, New York.

little to help build in the minds of its teen-agers a successful philosophy of clean living. To those of us who love the church and respect its clergy and realize its tremendous potentialities for good among the youth, this is a matter of deep concern.

I have confidence in the ideals of our youth who are seeking the greatest achievements in the history of civilization. No sane and intelligent youth fully informed on the scientific facts of addiction would flirt with "living death." Their philosophy of life contains a personal respect for their own health and success in life. They are not going to accept deliberately an enslaving habit that will cut twenty to twenty-five years off their life span—to say nothing about the other liabilities of addiction. They have no desire to find themselves victimized by that secret world of sinister shadows where the

stooges of the merchants of misery hide behind bolted doors, and where the dope-ravaged addicts seek their side-street hangouts. They have no sneaking admiration of mafia racketeers who live in infamy and cast their ugly shadows across the cities of our nation.

Informed youth who are out to master life and to achieve success will not be teased or tantalized into addiction. They will not risk the loss of self-mastery for a false "kick" that carries with it the "kickback" of addiction. They know that a quest for narcotic euphoria is an ignorant, immature dodging of the issues of life, a self-imposed personality deterioration utterly unworthy of the most privileged youth in the world. Fortified with the scientific facts of dope's enslaving power, they will not sacrifice themselves on the altars of addiction. They know that there is not glamour in dope!

Helen Thomson, M.A.

THE AUTHOR—This "Listen" story has grown out of ten years' experience by Helen Thomson in psychiatric social work, much of it with victims of alcoholism.

In professional training she holds her graduate degree from the University of Pittsburgh, with subsequent study at the University of Pennsylvania and the Gestalt Psychoanalytic Institute. She was for a time a lecturer on the faculty of the graduate school

Blight

SHADOW ON THE FUTURE

Few people realize that the wife of an ex-drinker has an adjustment to make, too!

"So you haven't taken a drink for a year! Good for you, Jim! It must have been a tough struggle to break a habit of fifteen years' standing, but now your troubles are over!"

"Now your troubles are over!" How many people have said that to Jim and me these last months?" Mary wondered as she watched Jim walk to Bill's car with him. Grateful as she was that Jim was no longer a drinker, the fact remained that in some ways the past year had been harder than many others.

When Jim and she were married, Mary looked forward to a lifetime of homemaking. She had enjoyed her bookkeeping job, but she much preferred taking care of a family and a home. Both Jim and she wanted children, and within eight years they had three.

By that time they had something else, too, the problem of Jim's drinking. He had always taken "a few beers with the boys," but by the time their oldest youngster was seven, Jim was an alco-

holic. Though a linotype operator and capable of earning a good living, he was out of work half the time because of his drinking.

When threatened with the loss of their home, Mary realized she had no choice but to take over the responsibility of the family's support. After making arrangements for relatives to take care of the children during the day, she got her old job back. That meant she worked all day, took care of the children during the early evening, and did the cleaning and laundry at night.

For fifteen years Mary continued that dual life and gradually began to build her own kind of life. It meant a great deal that her employers thought well of her work, and that the company's retirement plan gave her financial security for the years ahead. For social life she joined a group of women from the office who met twice a month for recreation. Although he still slept at home, Jim continued to go his separate way. He would not discuss either his own situation or any of Mary's problems.

Then Jim seemed to undergo a complete personality change. He stopped drinking. Once more he wanted to be head of the house, and to him that meant that Mary must quit her job.

Mary protested that she liked her job, that she wanted to work. But Jim persisted. "You've certainly earned a vacation, and I'm going to see that you get one. Take it easy," he urged.

Try as she did, Mary could not make him believe that she genuinely pre-

ferred working at the office to staying home. Finally, however, she gave up her job, making her decision after Jim's friends told her that Jim thought her refusal a lack of faith in his ability to stay "on the wagon." The chance to take care of her was what he needed to complete his feeling that he had finally conquered his problem, they told her. Furthermore, they said that he felt so strongly about the situation that Mary's refusal to let him support her might push him back over the brink.

But Mary found that taking it easy was pretty bleak and uninteresting after the active life she had become used to. She missed her job itself, which she liked, and she certainly missed her old friends at the office. Furthermore, now that the children were grown, she had hardly enough to do around the house to keep her busy.

To be realistic, Mary has no guarantee that the same pressures that touched off Jim's drinking may not do so again. What would she do if there were a next time? She gave up her seniority rights when she left her job, and she has no illusions about the employability of women in their late fifties, particularly if they haven't worked for a time.

Through her mind has gone the thought repeatedly: How different life would have been for all of them—Jim, the children, and herself—if Jim had never started the habit of taking a few beers with the boys, a habit that was still a shadow on their future, as it had been a blight on their past.

THE "ANATOMY" OF ALCOHOL

(Continued from page 12)

The Government has a plan whereby alcohol used for beverage purposes is highly taxed. This is fair enough because of the large cost involved in taking care of the people who use it, and many of the things that they do while they are under the influence of such liquors. So it is quite proper that the Government shall at least take a profit from alcohol, and this taxing has become quite profitable. One gallon of ethyl alcohol costs about 60 cents to produce. Uncle Sam collects about \$30 tax on that. In other words, for a product that costs only 60 cents to produce, the Government will collect \$30 in taxes. That represents about the highest tax on any commodity, but even at that the tax is not too high. The Government should collect a lot more than that to cover the results of drinking.

On the other hand, ethyl alcohol is a good solvent. It is used commercially for dissolving many things. If the commercial manufacturer had to pay a bill of \$30 on every gallon of alcohol he used, it would make its use prohibitive. Therefore the Government has arranged a plan whereby the commercial user can use alcohol without paying that tax. The way it is done is this: The Government will agree to have the alcohol put through a process called "denaturing," which means putting something into the alcohol to make it undesirable for drinking, but does not spoil it for commercial purposes.

For example, alcohol is sometimes used as a coolant for fevers, that is, rubbed on the skin for its cooling effect. For such a purpose camphor or some alkaloid is put into it. This adds a bitter taste to it. Sometimes sulphuric acid, a violent poison, is added. Sometimes a vile-smelling material like pyridine is used. A drop of pyridine spilled in a room will stink up the room until it is almost unbearable, and so a drop or two of pyridine put into a gallon of alcohol will fix it so that no one wants to drink it.

Sometimes the manufacturer will simply add methyl alcohol as a denaturant and this prevents most people from attempting to drink it because of the danger of blindness. The substances that are added are difficult to separate from the alcohol. Some people attempt to do it, and they get what is known as the bootleg liquors, which are exceedingly dangerous, because the denaturants cannot be removed.

Yeast is also a leavening agent, being used in raising dough for certain

types of baked products. The question has come up in the minds of some. Does the baked product, then, contain alcohol? In this case we are depending upon CO₂ for the product we want because it forms a gaseous material which causes the dough to "rise." Alcohol is also formed, but in the baking process the alcohol is removed because it is volatile, much more so than water. So as the bread, or whatever else is in the oven, bakes, the alcohol escapes. If your nose is good, you may have noted that when you are baking bread by this method, or even during the process of the dough's rising, you can actually smell the alcohol; but there is no reason to get excited, because it is removed in the baking process.

This same process is also used by many in the making of so-called "home brews." Most people have given up making home brews, because incomes have jumped to the place where they

fermentation at a given point, since beer is taxed according to its alcohol content. One who does not understand all those details of manufacture can well build up the alcohol content and the CO₂ content to the point where the bottles will blow up. The very fact that the bottles blow up indicates that there is alcohol as well as CO₂.

Now let us note a few of the properties of alcohol. Alcohol is a good solvent for many things, some of which are in the body in connection with its vital processes. But there has been a misuse of this fact on the part of persons who are not well informed. They make statements about the effects of alcohol in the body as related to its solvent action, including such claims as, "Alcohol will dissolve the brain cells." There are plenty of good reasons why people should not use alcohol, without bringing in such statements.

The facts are these: Although pure

"DOWN A PRECIPICE"

"The waters have gone over me. But out of the black depths, could I be heard, I would cry out to all those who have not set a foot in the perilous flood. Could the youth, to whom the flavor of his first wine is delicious as the opening scenes of life, or the entering upon some newly discovered paradise, look into my desolation, and be made to understand what a dreary thing it is when a man shall feel himself going down a precipice with open eyes and a passive will,—to see his destruction, and have no power to stop it, and yet feel it all the way emanating from himself; to see all godliness emptied out of him, and yet not to be able to forget a time when it was otherwise; to bear about the piteous spectacle of his own self-ruin,—could he see my fevered eye, feverish with last night's drinking, and feverishly looking for this night's repetition of the folly; could he feel the body of death out of which I cry hourly with feebler and feebler outcry to be delivered,—it were enough to make him dash the sparkling beverage to the earth in all the pride of its mantling temptation."—Charles Lamb, English poet, genius, and drinker, in telling his own experience.

can afford to buy their liquor. Yet every once in a while some person will attempt to make his own home brew. Many are under the misconception that home brews do not contain alcohol.

I was in a Christian home not long ago in which the people were careful about everything they did. I was really dumfounded when they eventually brought out some home-brewed root beer. When they told me how they had made it, I smiled a bit. I didn't want to offend them by saying anything, but it was evidently clear that they were not aware of the fact that when root beer is made by the yeast process it contains alcohol like any other beers. In fact, it may contain more, because the manufacturer of beer stops

alcohol is a good solvent, its solvent action decreases as it is diluted with water. In other words, at 90 per cent the solvent action is lessened, and at 70 per cent it is still less. By the time the concentration is reached in which alcohol normally occurs in the blood, even in an excessive drinker, it has been reduced to the point where it is doubtful if any of the effects of alcohol can be associated with its solvent action.

More than likely the effects, or part of the effects, are due to the solubility of alcohol in the body tissues. There are some tissues in the body in which alcohol will dissolve, aiding it in penetrating into the cellular materials. So there may be a relationship there, but not in the sense that the alcohol is dissolving

the cells of the body. That is a misconception.

Alcohol is also a *dehydrating agent*. By "dehydrating" we mean that it will pull water out of other things. This can be illustrated by the simple demonstration of taking a raw egg and breaking it into alcohol. The egg will coagulate much as if it were boiled. The process is not quite the same as in boiling, however. It is a dehydration phenomenon in which water is being pulled out of the egg by the alcohol because it is a dehydrating agent.

The question is again raised, Are the effects of alcohol in the body related to this particular property of alcohol? The answer is again that it is exceedingly doubtful if any of the effects of alcohol are related to its dehydrating properties. Why? Because again the dehydrating properties are reduced on dilution, so that while 100 per cent alcohol is a good dehydrating agent, at 90 per cent it isn't so good. At 50 per cent it is rather poor, and when 2 per cent is reached, as may be found in the blood stream, it essentially has no effect at all. So we must understand that many of the properties of pure alcohol are not those that are found when alcohol is taken into the body. I am not saying this because I am in favor of alcohol. I am saying it to help emphasize the scientific facts as we know them.

Alcohol may exert a mild dehydrating property in the mouth, that is, if 50 per cent alcohol is drunk. There it is in contact with the membranes of the mouth under concentrated conditions, and probably the dehydrating effects are brought to bear; but here they are evidently not too serious. By the time it gets to the stomach it is further diluted, and the effects drop further and further. The tingling and puckering effects of alcohol are due, in part at least, to its dehydrating properties.

A third property of alcohol is the fact that it is able to bring about a *cooling effect* on the skin surface where it is placed. For this reason it is used in the reducing of fevers in the form of alcohol rubs. If you have ever been in a hospital, you have probably had an alcohol rub, and you are aware of the fact that when it is put on the skin it evaporates rapidly with a distinct cooling effect. This is not unique with alcohol. Water will do the same thing. That is why you get cold when you are wet, only with alcohol the evaporation is more rapid, hence the cooling effect is greater.

Here again there is extreme doubt, in fact almost complete doubt, that this property is related in any way to the heat changes either real or imaginary that occur in the body from the drink-

ing of alcohol. Thus, three of the principal physical properties of alcohol have been noted, and probably none of them have any real relationship to the visible results of the drinking of alcohol.

What Is Surface Tension?

There is a fourth property known as *surface tension* that may have a relationship to the effects of alcohol in the body. This is a bit difficult to explain in elementary terms, but I think that

In the Bottle

R. L. Hubbs

No normal individual ever needs alcohol. It fogs up the social mirror so the drinker has less ability to see himself as others see him and to judge correctly his social status. The haze induced by drink lessens one's ability to examine himself critically. It dulls the finer feelings of fellowship on which friendship rests. It often makes the drinker feel and believe that he is the gentleman of charm, but his sober friends and companions often feel that his fumbling actions make him a social caricature of a gentleman. Liquor befuddles the citizen's mind, makes brittle his patience. Society desires to teach its youth through wisdom, experience, and training to conserve their resources—alcohol wastes these resources. Churches teach men to be meek—drink makes them boastful. Religion teaches men to be kind—drink makes them cruel. Alcohol is a personality solvent—it does to the human personality what the warm sunlight does to the snow, what rain does to a straw hat, and what frost does to a pumpkin vine.

we can give an illustration or two to explain what is meant. We say that a liquid has a "surface tension," which means that it is prevented from adhering to other particles. As surface tension is reduced, the water is able to wet other substances.

For example, it is possible to take some substance that is actually more dense than water and put it on the surface of water without its sinking. Ordinarily anything that is heavier than water will sink, yet you can actually put a needle on water very carefully so that it will float. The reason it stays up is that the needle is not completely wet. If you will add a little alcohol or a little soap to the needle, it will decrease the surface tension. The needle is immediately wet, and will sink.

Alcohol is a substance, then, that decreases surface tension, making the water better able to wet substances, or to crawl into small crevices, if you want to think of it that way. If you have a substance made up of tiny little pores, the water may not easily go into those pores. You add a little alcohol or soap-suds, then the water quickly goes into these tiny crevices because of the decrease in the surface tension.

Now we can see a possible relationship to the effects of alcohol on the body in that it may cause the cells of the body to absorb particles much more readily than they would if alcohol were not present. You don't have to have a complete concentration of alcohol here. This phenomenon is observed even in a dilute form of alcohol.

What the applications of this are we do not know, but we can conceive of a possible relationship between surface tension and the action of alcohol because it permits the absorption of dissolved materials more readily.

If, then, the effects of alcohol on the human body are not primarily due to its simple and physical and chemical properties, to what are they due? This question will be answered by Dr. Donovan Courville in the next issue of "Listen."

TOTAL HARMONY

(Continued from page 12)

lives are not flowing smoothly or happily. Something is wrong. We want to correct it. Perhaps we need more relaxation; we start watching television, and it seems enjoyable, so we give every evening to it. Or it might be that some hobby is our need; we golf or crossword or paint pictures. Maybe more reading would solve whatever seems missing; we read a couple of books every week, even if it means burning the midnight oil.

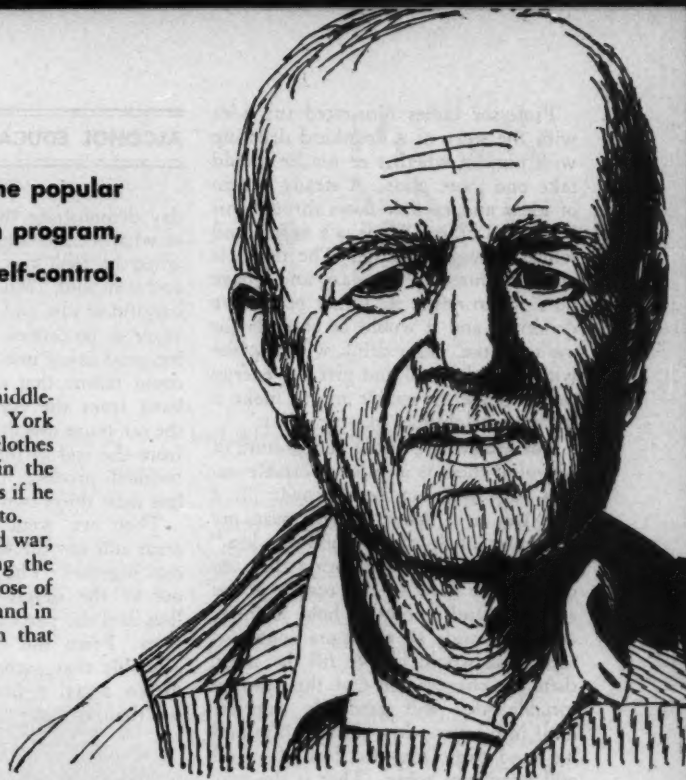
Certainly all these things are good in themselves. Yet we need the utilization of *all* the factors of our personalities, not merely one or two. We need development physically and mentally and spiritually; the neglect or the overemphasis of one thing to the exclusion of others leads to unbalance, inharmony.

The typewriter mechanic fixes or replaces broken springs and worn parts, along with repair work. But most of his work is concerned with adjustment, the re-establishment of harmonious action between all the many units and groups that comprise the machine. Balanced action.

This seems a rather good method to live by, too!



W. A. Fagal, pastor on the popular Faith for Today television program, suggests a sure way to self-control.



On a stormy night between the two world wars a middle-aged man staggered into the Bowery Mission in New York City. His face was unwashed and unshaved, and his clothes were badly soiled and torn. He slumped into a seat in the warm room and gazed around with a questioning look as if he couldn't comprehend what kind of place he had come into.

The speaker of the evening, a soldier in the first world war, related incidents during his term of service, mentioning the name of the company in which he had served. At the close of the meeting the visitor eagerly staggered up to the front and in a broken voice asked the speaker, "When were you in that company you spoke of?"

"Can you save your old captain?"

"Why," he answered, "all through the war."

The stranger then named a battle, asked him if he had been in it, and inquired, "Do you remember the name of the captain of your company?"

The leader of the meeting immediately recalled his captain's name. Quickly the stranger exclaimed, "I am that man! I was your captain! But look at me today, and see what a wreck I am. Can you save your old captain?"

What was the old captain's problem? He hated his condition, yet he felt powerless to escape. He had completely lost control of himself. He was riding a horse without a bridle, driving an auto without a steering mechanism, sailing in a ship which had lost its rudder. Pitiably he appealed, "Can you save your old captain?"

The Bible compares a man who cannot rule his own spirit to a broken-down city. Anyone who has ever seen a "ghost town" will appreciate the imagery. He finds in such a broken-down settlement evidences of former value and life. He doesn't find it hard to imagine the thriving community that once was, virile and alive. He can almost imagine that he hears the laughter of children playing about the steps. Now the town is nothing. Just so it is with a man who cannot control himself, who has no power over his anger,

his fits of depression, his resentments, his fears.

There are many persons who look at the whole problem of self-control a bit fatalistically. They do not believe that anything can be done to change themselves. They see themselves as pawns being pushed around by their moods and do not believe that there is any voluntary action on their part that can change their situation in any way. They think they must always yield helplessly to pressures or emergencies.

What a dangerous outlook this is! If a man sleeps and nods when he is at the wheel of an automobile, something serious may result. If the pilot of a plane should lose control of his ship for even a second when landing or taking off, the wreck of the plane and the death of the passengers may result. And the situation is not different with regard to a man's life. A moment's loss of self-control may ruin his life forever.

Peter the Great never learned self-control. He was subject to fits of manic fury. In one of those storms of rage he killed his own son. Alexander the Great became so angry one day with Clitus, one of his generals, that he killed him. A short time before, Clitus had saved Alexander's life. They had been friends and inseparable companions since childhood. However, Clitus made some indiscreet and disparaging

remarks about Alexander, whereupon Alexander grasped a spear out of the hands of a guard near him and threw it at Clitus. But quickly regret filled his soul as he rushed over and drew out the fatal spear. If his officers had not prevented him, he would have fallen on it himself. For several days he lay writhing in remorse and chiding himself as the murderer of his friend. He conquered the world, but he could not conquer himself.

Years ago a student of human nature formulated an approach to this problem which has been immensely helpful to many people. Professor William James pointed out that a never-ending stream of thoughts, ideas, purposes, and sensations is flowing through the mind. You and I apparently have the power to pick one thought or idea from that "moving belt" as it goes by, and focus all our attention upon it. When we do, that particular thought tends to become translated, quite automatically, into actions. "As a man thinketh in his heart, so is he." If we would control our actions, then, we must first control our thoughts. There is nothing we can do about that steady flow of thoughts and ideas that proceed constantly through the brain, but there is something we can do about which ones of these we choose upon which to focus our attention.

Professor James illustrated this idea with the story of a drunkard debating with himself whether or not he should take one more glass. A steady stream of ideas and excuses flows through his befuddled brain. "This is a new brand which I ought to taste. The drink is already poured in the glass, and I have no right to refuse it. Other people are drinking, and it would be churlish for me to refuse. This drink will help me withstand the cold and give me energy to get home, or enable me to make a stronger resolution to stay sober."

But somewhere in the background of his mind there is an uncomfortable notion that will not be downed: "If I take this next drink, it will mean my becoming a drunkard—nothing less." If this poor fellow can bring that uncomfortable idea to the center of his attention and resolutely hold it there, crowding aside all the more congenial ideas that would like to fill the stage, then the chances are that this uncomfortable idea will gradually translate itself into action. It will make him pull his hand away from that fatal glass and will keep him sober. That is the way to self-control. It is the mental effort of choosing the good and refusing the bad.

Were we to stop here, however, we would oversimplify the problem. It isn't exactly easy to take that uncomfortable idea lurking in the background and focus one's attention upon it. The ability to control and curb is not as pleasant as the way to indulgence. So it is that right at this point many fail.

Thomas a Kempis once said, "No conflict is so severe as his who labors to subdue himself." The Christian believes that at this point a man needs help.

A number of clergymen were eating together after a special service. One of the men seemed unduly attentive to the good things spread before him, and this, of course, pleased the host. As the man helped himself to another large quantity of food the host said, "That is right! To take care of self is the first law of nature." But an old minister sitting by quietly spoke up: "Yes, sir; but to deny self is the first law of grace."

Is there help to be found for a man who is trying to find the path of self-control? The Scriptures describe that aid in the words of the apostle Paul: "I can do all things through Christ which strengtheneth me." The source of real victory, then, is clear.

Out of the stream of thoughts that constantly run through our minds, let us ask divine aid that we might always choose the best upon which to focus our attention. Then, as those thoughts become translated into actions, we will find that we have ourselves in control.

ALCOHOL EDUCATION

(Continued from page 15)

day demonstrate the tremendous force of what we are talking about. One was when he took me over to the ore pit and then said, "Mr. Hill, just pick up a handful of ore, and place it on the conveyor to be carried into the steel plant for production into steel. Now, if you could follow that ore on a time-study basis from the time you lift it from the ore pit as raw earth until it is driven from the end of the assembly line as a finished product, the time would be less than thirty-two hours."

Then we went into the assembly areas and saw the workmen putting the cars together. The frames came down out of the dryers onto the assembly line, and the parts flowed in from both sides. From the time they began to assemble that automobile until it was driven away, a finished product, was less than thirty-two hours.

Why the change in a broad cultural pattern, a deeply rooted social pattern of drinking of a nation such as France? Jewish culture is presented to us today, and has been for many years, as the culture of a people who have resisted the inroads of alcoholism in spite of the fact that they probably have the lowest incidence of abstainers in any cultural group. Yet why is it that even today in the Jewish culture you find a rising trend in alcoholism?

I suggest to you that the most potent factor in changing these pictures among cultural groups throughout the world is the development of the technologies of mass production and mass distribution, making alcohol widely and readily available. The highly dramatic, colorful, appealing, forceful advertising campaign by the liquor industry is solely responsible for the creation of such false social patterns as we follow in the United States today as the cocktail hour.

After the repeal of the Eighteenth Amendment the liquor industry realized that if drinking were to be widely acceptable, its use must become entrenched among the social set of the nation. Only then could it become entrenched to where it would be difficult for it ever to be uprooted. The success of that advertising is classic. So today we have cocktail tables, cocktail dresses, cocktail jewelry, and so forth.

With this setting and background, then, let's sense the urgency and the importance of alcohol education, as we realize the aggregation of forces which confront us.

"Listen's" next issue will feature a second article by Mr. Hill, incorporating the principles of alcohol education in view of the urgency and importance of such education today.

Modern technologies are also applied today in the production, the distribution, and the promotion of alcoholic beverages. Some people wonder at the changes that have come about in France. When I was studying in the School of Alcohol Studies at Yale University, I recall Dr. Jellinek's stating that the incidence of alcoholism in France was considerably lower than it was in many other countries, that France has a culture of the persistent use of alcoholic beverages in so-called moderation.

Yet, when it was my privilege to bring Dr. Jellinek to the School of Medicine at the University of Washington in 1951, he pointed out that in recent years France had risen to the place where it now stands second only to the United States in the incidence of alcoholism, and leads the world in the consumption of alcohol.

Why the change in a broad cultural pattern, a deeply rooted social pattern of drinking of a nation such as France?

Jewish culture is presented to us today, and has been for many years, as the culture of a people who have resisted the inroads of alcoholism in spite of the fact that they probably have the lowest incidence of abstainers in any cultural group. Yet why is it that even today in the Jewish culture you find a rising trend in alcoholism?

I suggest to you that the most potent factor in changing these pictures among cultural groups throughout the world is the development of the technologies of mass production and mass distribution, making alcohol widely and readily available. The highly dramatic, colorful, appealing, forceful advertising campaign by the liquor industry is solely responsible for the creation of such false social patterns as we follow in the United States today as the cocktail hour.

After the repeal of the Eighteenth Amendment the liquor industry realized that if drinking were to be widely acceptable, its use must become entrenched among the social set of the nation. Only then could it become entrenched to where it would be difficult for it ever to be uprooted. The success of that advertising is classic. So today we have cocktail tables, cocktail dresses, cocktail jewelry, and so forth.

With this setting and background, then, let's sense the urgency and the importance of alcohol education, as we realize the aggregation of forces which confront us.

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OPINIONS



Pulmonary Infection

"Over a two and one-half year period, twenty-two patients with various types of pulmonary infections with Friedlander's bacillus were observed in the George Washington University and the Georgetown University Medical Divisions of the District of Columbia General Hospital. . . .

"Our data indicate that the antibiotics used are generally quite effective, but other factors contribute to the poor response to therapy. The tendency of the patients in this economic group is to delay admission to the hospital, thereby allowing rapid progression of the disease and preventing early diagnosis and therapy. The patients who died were all alcoholics and some were in delirium tremens. Lowered host resistance was obvious."—Benjamin M. Limson, M.D., Monroe J. Romansky, M.D., F.A.C.P., and James G. Shea, M.D., in *Annals of Internal Medicine*, June, 1956.

Liquor Industry Complains

"Sales of legal whisky and other distilled spirits are substantially below what they really should be in the light of the peak spendable income being enjoyed by consumers.

"A decade ago consumers were spending 3 per cent of total disposable income for distilled spirits. Today, with the current excise tax of \$10.50 per gallon, consumer expenditures for distilled spirits have dropped to 1.75 per cent, or just above the same level as that at the time of repeal."—George Garvin Brown, president of Brown-Forman Distillers Corporation.

Weak Person's Escape

"When a person uses alcohol as a solution for personal problems, it produces a decreased capacity for dealing with one's difficulties. Typically, alcoholism is not a disease, but a symptom of personal-social maladjustment."—Professor Max L. Hutt, University of Michigan psychologist.

90 Per Cent of Accidents

Andrew J. White, director of motor-vehicle research, New Hampshire, in indicting alcohol as a major cause of highway accidents, says, "Summing up the series of scientific investigations made for the legal profession during a six-month period, we find that liquor is involved in nine out of ten cases."

Dull and Stupid Guests

"The hostess who serves cocktails to 'liven up the party' is, in fact, confessing that she cannot depend upon her guests to be interesting until they have been drugged. She is saying, in effect, that unless they have alcohol in their blood stream in sufficient quantities to render them partially insensible, they are going to be insufferably dull and stupid."—Dr. Roy L. Smith.

Sensible Soldiers

"Do not start drinking if you are a teetotaler. No one worries if you abstain. The best plan is to keep off drink altogether. You will need your maximum brain, body, mind, and nerve power. No real athlete ever drinks."—*The Fighting Soldier*, Australian military handbook.

ALCOHOL, A NARCOTIC DRUG

"The habit-forming properties of alcohol have not been sufficiently stressed in the medical literature. Alcohol should be grouped with the barbiturates and narcotics as a drug (for it is a drug) that can produce physical as well as psychologic habituation."—Dr. Frederick Lemere, Department of Psychiatry, University of Washington, School of Medicine, Seattle, Washington.

"Alcohol is not a stimulant. It is a narcotic, anesthetic drug, whose principal effects are on the higher nerve centers in the brain. The apparent stimulating effect of alcohol is due to the removal of inhibiting nerve actions."—W. W. Bauer, M.D., director of health education, American Medical Association.

Industry's Problem

Gain or Loss?

Recommending that assembly-line workers be given free beer, a medical doctor in San Francisco says, "I've found that beer facilitates circulation and heightens morale. If I were a union president, especially in an assembly-line factory, I would insist in writing into the next union-management contract a special clause requiring the company to provide free beer four times a day to all workers who have to stand on their feet." And this when 346,000,000 man-hours are already lost to industry each year because of alcohol-related absenteeism and accidents!

Problem Enough Now

"There are 1,550,000 problem drinkers in industry who lose twenty-two to twenty-six more working days per year than does the nondrinker. We are faced with a problem which has been recognized for 100 years, but about which we, as yet, have been unable to take adequate steps to solve."—Kenneth Lee, director, State Department of Health Alcoholic Studies and Rehabilitation, Richmond, Virginia.

Ban Liquor Advertising

R. H. Byrum, owner of the Byrum Advertising Agency, Denver, Colorado, in writing to *Advertising Age*, urged passing of a bill banning advertising of alcoholic beverages for these well-summarized reasons:

1. "The liquor business is a morally outlaw business, and legal in only a limited sense. It's illegal for minors. It's illegal on election days. It's illegal in thousands of local-option communities.

"2. Advertising of liquor is the most deceptive of all advertising. If the end result of its use were publicized, few would drink the stuff. Because of the untruthful implications inherent in liquor advertising, the public tends to depreciate all advertising.

"3. Enlarging the consumption of liquor undermines the health, the morality, and the well-being of our nation."



Dr. Fahrettin
Kerim
Gökay--



World Warrior Against Alcoholism

For thousands of years a center of learning, culture, and fine arts, Istanbul, Turkey, is one of the world's most vital centers today.

At the head of its government is a unique and progressive leader—Dr. Fahrettin Kerim Gökay.

Widely known for his contributions to medicine and public health, especially in the fields of psychology and neurology, he is also recognized as an outstanding leader and writer.

A nonsmoker and nondrinker himself, Dr. Gökay has consistently taken the lead in battling the inroads of alcoholism. Active in the International Order of Good Templars and the World League Against Alcoholism, he has now been elected vice-president of the Middle East area for the International Commission for Prevention of Alcoholism.

With the approval of the Turkish government, the governor-mayor sponsored in Istanbul the Twenty-Fifth International Congress Against Alcoholism, and presided as official host of the sessions, September 10-15, 1956.



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